

Suggested Use: NutraBio RELOAD Recovery Matrix was developed to address the time after post workout supplementation and in between meals to boost muscle recovery, reduce exercise-induced muscle damage and support muscle growth and repair.

As a dietary supplement, mix 1 scoop of RELOAD into 8-12 ounces of water. Vary the amount of water to achieve your desired flavor level. For maximum results, RELOAD should be taken on training and non-training days as follows:

On training days: Take RELOAD once daily. If training in the morning, take 1 serving between meals late in the afternoon or evening. If training in the evening, take 1 serving early in the day.

On non-training days: Take one serving 1-2 times daily between meals.

Stacks well with NutraBio's PRE and INTRA BLAST: On training days, take PRE 30 minutes prior to training, sip INTRA BLAST throughout training and take RELOAD as directed.‡

VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, Allergen Free, No Artificial Color or Flavor, No Preservatives, No Starch, No Sugar, No Soy, No Wheat, No Yeast, No Fish, No Milk.

Warning: KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Consult with your health care practitioner before using this product. Discontinue use two weeks prior to surgery.

CREATINE
MagnaPower™

Kyowa
Quality

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NUTRABIO®

RELOAD RECOVERY MATRIX

RAPID RECOVERY GROWTH FORMULA†

STRAWBERRY
LEMON BOMB

Natural Flavoring
Dietary Supplement
Net Wt. 1.89lb (858g)

21G
AMINO ACIDS

8G
BCAAs

5G
GLUTAMINE

3G
CREATINE

MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY
FDA Registration: 16906175560

SINCE
1996

CHECK.
VERIFY.
TRUST.

View Independent Lab Results
CHECKMYSUPPS.COM



MADE IN USA
— WITH INGREDIENTS —
SOURCED WORLDWIDE



Supplement Facts

Serving size: 1 scoop (28.62 grams)
Servings per container: 30

	Amount Per Serving	%DV
Calcium (calcium phosphate)	60mg	4%*
Phosphorus (potassium phosphate)	81mg	6%*
Magnesium (magnesium creatine chelate)	40mg	10%*
Sodium (sodium phosphate, sodium chloride)	95mg	4%*
Anabolic Growth BCAAs (8g)		
L-Leucine (naturally fermented - vegan)	4g	†
L-Isoleucine (naturally fermented - vegan)	2g	†
L-Valine (naturally fermented - vegan)	2g	†
Muscle Recovery Accelerator (7.5g)		
L-Glutamine (Kyowa Quality™)	5g	†
L-Carnitine L-Tartrate (PharmaPure™)	1.5g	†
Ornithine Alpha-Ketoglutarate (okg 2:1 reacted)	500mg	†
Glycine	500mg	†
Strength & Endurance Matrix (7.1g)		
Betaine Anhydrous (trimethylglycine, HPLC)	2.5g	†
PharmaPure™ Creatine Monohydrate (micronized, HPLC)	2.5g	†
Beta-Alanine	1.6g	†
Creatine MagnaPower™ (Magnesium Creatine Chelate)	500mg	†
Electrolyte & Rehydration Optimizer (1.94g)		
Taurine	1.5g	†
Calcium Phosphate	176mg	†
Sodium Phosphate	157mg	†
Potassium Phosphate	102mg	†

* Percent Daily Values (DV) are based on a 2,000-calorie diet.
† Daily value (DV) not established.

Other Ingredients: Flavoring (citric acid 1.6g, natural flavor 1.25g, malic acid 800mg, sucralose 200mg, salt 120mg, acesulfame potassium 30mg). beet powder 80mg (color).

THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED DURING THE SHIPPING AND HANDLING. STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED (MAY SETTLE TO THE BOTTOM DURING SHIPPING.)

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

Manufactured by: NutraBio Labs, Inc.
564 Lincoln Blvd., Middlesex, NJ 08846
www.nutra.bio.com / info@nutra.bio.com (732-748-8606)

PRODUCT FILLED TO THIS LEVEL ▶