

REHYDRATE + REFUEL + RECOVER**

Support muscles and joints during every training session with VITAL PERFORMANCE™ RECOVER – a combination of 8g of all 9 essential amino acids (EAA), 20g of Collagen Peptides, and 5g of branched-chain amino acids (BCAA) per serving. This combination helps maximize muscle protein and collagen synthesis while added glutamine supports the body during intense training.**

20G Collagen	8G EAA	5G BCAA	4G Sugar
50% DV Selenium	50% DV Vitamin C	50% DV B Vitamins	25%+ DV Zinc & Magnesium
540MG Electrolytes	⊕ Improved Recovery**	⚙️ Taurine & Glutamine	⚡ No Added Sugars ^{AA}

per serving

VP vitalproteins.com #stayvital

**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.

HYDRATION +
ELECTROLYTES

PHASE
2

20G
COLLAGEN

8G
EAA

5G
BCAA

per serving

VP
**VITAL
PERFORMANCE™**

RECOVER

GUAVA LIME

FLAVORED WITH OTHER NATURAL FLAVORS

TAURINE GLUTAMINE VITAMIN C, B2, B6

DIETARY SUPPLEMENT

NET WT 26.8 OZ (1.7lb) 761g



Supplement Facts

Serving Size 2 Scoops (36g)
Servings Per Container About 21

	Amount Per Serving	% Daily Value
Calories	100	
Total Carbohydrate	6 g	2%*
Total Sugars	4 g	**
Protein	18 g	0%*
Vitamin C	45 mg	50%
Thiamin	0.6 mg	50%
Riboflavin	0.65 mg	50%
Niacin	8 mg NE	50%
Vitamin B6	0.85 mg	50%
Folate	200 mcg DFE (120 mcg folic acid)	50%
Pantothenic Acid	2.5 mg	50%
Magnesium	105 mg	25%
Zinc	3.5 mg	32%
Selenium	27.5 mcg	50%
Sodium	230 mg	10%
Potassium	205 mg	4%
Collagen peptides (from bovine)	20 g	**
L-Glutamine	970 mg	**
Taurine	135 mg	**
Vital Proteins EAA Blend (from collagen peptides and individual amino acids)	8 g	**
L-Leucine, L-Isoleucine, L-Valine, L-Lysine, L-Phenylalanine, L-Threonine, L-Tryptophan, L-Histidine, L-Methionine		

*Percent Daily Values (DV) are based on a 2,000 calorie diet
**Daily Value not established

Other Ingredients: Coconut water powder, malic acid, citric acid, magnesium citrate, natural flavors, Himalayan pink sea salt, potassium citrate, fruit and vegetable juice powder (for color), monk fruit extract, sodium ascorbate (Vitamin C), zinc sulfate, niacinamide (Vitamin B3), D-calcium pantothenate (Pantothenic Acid), folic acid, pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), riboflavin (Vitamin B2), sodium selenite (Selenium)

Contains: Coconut (tree nuts)

Manufactured by: Vital Proteins LLC, 3400 Wolf Road Ste. 200, Franklin Park, IL 60131

**Not a low calorie food. See nutrition information for sugar and calorie content.

This product is manufactured in a facility that processes milk, fish, and tree nuts.

Directions: Combine 2 scoops with 16 fl oz of water, mix thoroughly.

If you are pregnant, nursing or have a medical condition, consult your physician before use.

Storage Information: Store in a cool, dry place
Do not use if safety seal is broken or missing.

TYPICAL AMINO ACID PROFILE

(From EAA blend and naturally occurring amino acids in collagen)

Alanine	1,935 mg	Lysine*	1,314 mg
Arginine	1,570 mg	Methionine*	149 mg
Aspartic Acid	1,151 mg	Phenylalanine*	1,053 mg
Glutamic Acid	3,071 mg	Proline	2,659 mg
Glycine	4,728 mg	Serine	661 mg
Histidine*	138 mg	Threonine*	690 mg
Hydroxylysine	40 mg	Tryptophan*	54 mg
Hydroxyproline	2,302 mg	Tyrosine	102 mg
Isoleucine*	1,093 mg	Valine*	1,352 mg
Leucine**	2,817 mg		

*Essential Amino Acids Branched-Chain Amino Acids (BCAAs)



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