SUPPLEMENT FACTS

Serving Size: 1 level scoop (29 g) Servings Per Container: 20

**Daily Value (DV) not established.

AMOUNT PER SERVING			% DV
Calories	100		
Cholesterol	20	mg	7%
Total Carbohydrate	5	g	2% [†]
Total Sugars	4	g	**
Includes 4 g Added Sugars			8% [†]
Protein	20	g	40%†
Calcium	500	mg	38%
Iron	0.5	mg	3%
Sodium (as Sodium chloride)	120	mg	5%
Potassium	45	mg	<1%
MUSCLE RECOVERY BLEND	24	g	**
Micellar casein, [Branched-chain amino acids			
(BCAAs): L-leucine, Valine, Isoleuc	ine (2:1:1)],	L-glut	amine
Sour (tart) cherry (fruit)	480	mg	**
†Percent Daily Values are based on a 2,000 calo	rie diet.		

OTHER INGREDIENTS: Organic cane sugar, Natural vanilla flavor (with other natural flavors), Stevia leaf extract, Xanthan gum.

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 818-5174

ALLERGEN STATEMENT: Contains milk (casein). This product is manufactured in a plant that also processes egg. sov. fish. crustacean shellfish. tree nut, peanut, and wheat ingredients.

DIRECTIONS: Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz water until completely dissolved.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

Notice: Use this product as a food supplement only. Do not use for weight reduction.

STORE IN A COOL, DRY PLACE.

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

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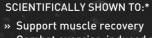


RECHARGE











VANILLA Flavored

- » Support muscle recovery
- » Combat exercise-induced muscle soreness
- » Promote lean-muscle synthesis

FORMULATED WITH KEY INGREDIENTS

» Reduce muscle breakdown



BEACHBODY PERFORMANCE® SUPPLEMENTS

Consuming the right amount and proper forms of protein throughout the day is vital to help maximize the benefits of exercise. Recharge is formulated with key ingredients scientifically shown to assist with muscle recovery and soreness from intense workouts. The slow-release micellar casein is digested gradually, providing a steady supply of amino acids over several hours. An optimal ratio of branched-chain amino acids (BCAAs) helps stimulate muscle protein synthesis, and a powerful tart cherry powder delivers anthocyanins to help reduce exerciseinduced oxidative stress and delayed onset muscle soreness (DOMS). Taken before bed or between meals. Recharge can help support muscle recovery, promote muscle growth, and prevent muscle breakdown.*





DIETARY SUPPLEMENT

NET WT 1.3 LBS (580 g)