

SUPPLEMENT FACTS

Serving Size: 1 level scoop (29 g)

Servings Per Container: 20

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, Isoleucine (2:1:1)], L-glutamine		
Sour (tart) cherry (fruit)	480 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

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, soy, 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 any disease.**

© 2019 Beachbody, LLC. All rights reserved. Beachbody Performance, Beachbody, and Team Beachbody are trademarks of Beachbody, LLC. Have questions? Contact your Coach for support or go to BeachbodySupport.com for more information.



RECHARGE

VANILLA Flavored

FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

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



SPORT

DIETARY SUPPLEMENT

NET WT 1.3 LBS (580 g)

BEACHBODY PERFORMANCE® SUPPLEMENTS

Designed by leading authorities in cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and phytonutrients to help maximize exercise performance and recovery with no synthetic colors, and no artificial flavors, sweeteners or preservatives.*

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 exercise-induced 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.*



SUBB31108US01

BBPLBL1015US01 / SUBB31108US01

PATENT PENDING