

SUPPLEMENT FACTS

Serving Size: 1 level scoop (35.5 g)
Servings Per Container: 20

AMOUNT PER SERVING		% DV
Calories	130	
Total Fat	1 g	1%†
Cholesterol	5 mg	2%
Total Carbohydrate	10 g	4%†
Dietary Fiber	<1 g	2%
Total Sugars	6 g	**
Includes 6 g Added Sugars		12%†
Protein	20 g	40%†
Calcium	130 mg	10%
Iron	2 mg	11%
Sodium (as Sodium chloride)	280 mg	12%
Potassium (as Potassium citrate)	500 mg	11%

MUSCLE RECOVERY BLEND	24 g	**
Whey protein isolate, Pea protein isolate, Micellar casein, [Branched-chain amino acids (BCAAs): L-leucine, Valine, Isoleucine (2:1:1)], L-glutamine		
Pomegranate extract (fruit)	650 mg	**

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

OTHER INGREDIENTS: Organic cane sugar, Cocoa powder (processed with alkali), Natural chocolate flavor (with other natural flavors), Xanthan gum, Stevia leaf extract.

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

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

DIRECTIONS: Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz water until dissolved. Drink within 30 minutes after exercise.

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.

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RECOVER

POST-WORKOUT



SPORT

CHOCOLATE Flavored

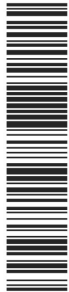
FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

- » Speed muscle recovery
- » Promote lean-muscle synthesis
- » Combat exercise-induced muscle soreness
- » Improve muscle strength recovery

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.*

Recover is formulated with key ingredients scientifically shown to assist with muscle recovery and soreness from intense exercise sessions. Key ingredients include fast-, intermediate-, and slow-release proteins to support muscle recovery and optimize training adaptations, an optimal ratio of branched-chain amino acids (BCAAs) to help stimulate muscle protein synthesis, a small amount of carbohydrate to support muscle glycogen recovery, and a powerful pomegranate extract that delivers ellagitannins to help speed muscle strength recovery while reducing delayed onset muscle soreness (DOMS) from intense workouts.*



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PATENT PENDING

DIETARY SUPPLEMENT

NET WT 1.6 LBS (710 g)