

Rest + Recovery is a multidimensional superfood powder uniquely formulated with **5 Types of Food Source Collagen**—specifically designed to provide your body with the building blocks it needs for:

- + Promoting restful sleep and a calm, relaxed state of mind†
- + Supporting post-workout recovery†
- + Supporting skin hydration and elasticity†



MIXES
INSTANTLY



GREAT FOR
SMOOTHIES



ADD COLLAGEN
BOOST TO ANY
MEAL



Ancient Nutrition for the Modern World
www.AncientNutrition.com

Dr. Axe
FORMULA



Josh Axe

DR. JOSH AXE, Co-Founder
Ancient Nutrition



Calming Natural
Mixed Berry Flavor



ANCIENT
NUTRITION

MULTI COLLAGEN PROTEIN



REST+RECOVERY

Net Wt. 10.5 oz (300 g) • DIETARY SUPPLEMENT



SKIN†



JOINT†

Suggested Use: Adults take one heaping scoop with 8 ounces of water, juice, tea or your favorite recipe.

Supplement Facts

Serving Size 1 Heaping Scoop (15 g)
Servings Per Container Approximately 20

	Amount Per Serving	% Daily Value
Calories	40	
Protein	9 g	
Magnesium	336 mg	80%
Multi Collagen Rest + Recovery Blend	13.4 g	+
Hydrolyzed Bovine Hide Collagen Peptides, Organic Apple Cider Vinegar, Magnesium Hydroxide, Tart Cherry Fruit Extract, L-Alanyl-L-Glutamine, Organic Ashwaganda Root and Leaf Extract, Organic Beet Root Extract, Chicken Bone Broth Collagen Concentrate, Hydrolyzed Fish Collagen Peptides, Eggshell Membrane Collagen		

+ Daily Value not established.

Other ingredients: Citric acid, natural flavors, stevia leaf extract.

CONTAINS: Egg, Pollock. **WARNING:** If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Color and odor may vary from lot to lot. Store in a cool, dry place. **Notice:** Use this product as a food supplement only. Do not use for weight reduction.

† 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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