

Directions For Use: Following the chart below, take the recommended number of caplets according to your weight. Consume at bedtime on an empty stomach. Multiply amounts per serving by total number of caplets consumed to get daily serving size.

BODY WEIGHT (LB)	<100	100-130	131-170	171-210	>210
CAPLETS PER DAY	1	2	3	4	4+

CAUTION: CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. THIS PRODUCT IS NOT INTENDED FOR PREGNANT OR NURSING WOMEN OR FOR THOSE UNDER 18 YEARS OF AGE.

KEEP OUT OF REACH OF CHILDREN.

Store away from excessive heat, light and humidity.

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Formulated/manufactured exclusively for

AdvoCare® International, LLC

Richardson, TX 75082 • 800-542-4800

For more information visit advocare.com

"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."



P3201/09_F03L060720



NIGHTTIME RECOVERY

AMINO ACID AND HERBAL SUPPLEMENT

400mg

L-ARGININE

2

ADAPTOGENS

- Supports muscle repair
- Enhances muscle growth after exercise*

60 CAPLETS



Supplement Facts

Serving Size: 1 caplet

Servings Per Container: 60

	Amt Per Serving	%DV
Niacin (as nicotinic acid)	7mg	44%
Magnesium (as amino acid chelate)	50mg	12%
Zinc (as monomethionine - OptiZinc®)	2mg	18%
Copper (as amino acid chelate)	0.17mg	19%
L-Arginine (as HCl)	400mg	**
L-Ornithine (as HCl)	200mg	**
Maca Root (<i>Lepidium meyenii</i>)	50mg	**
Oat extract (whole plant - <i>Avena sativa</i>)	67mg	**
Vanadium (as vanadyl sulfate)	67mcg	**
Saw palmetto extract (berry - <i>Serenoa repens</i>)	33mg	**
Nettle extract (leaf - <i>Urtica dioica</i>)	17mg	**
Ashwagandha Extract KSM-66® (root - <i>Withania somnifera</i>)	17mg	**
Wild yam extract (root - <i>Dioscorea villosa</i>)	17mg	**
Eleuthero extract (root - <i>Eleutherococcus senticosus</i>)	8mg	**

*Daily Value (DV) not established.

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, HYDROXYPROPYL-CELLULOSE, STEARIC ACID, CROSCARMELOSE SODIUM, DICALCIUM PHOSPHATE, AQUEOUS COATING (HYDROXYPROPYL METHYLCELLULOSE, MICROCRYSTALLINE CELLULOSE, STEARIC ACID), MAGNESIUM STEARATE, SILICON DIOXIDE.

CONTAINS: MILK