

REHYDRATE + REFUEL + RECOVER***

Support muscles and joints during every training session with RecoveryWAVE™ - a combination of 8g of all 9 essential amino acids (EAA), 20g of Collagen Peptides, and 5g of branched-chain amino acids (BCAA). This combination helps maximize muscle protein and collagen synthesis while added glutamine, the most abundant amino acid in the body, helps keep up with its increased demand caused by intense training. Replenish the minerals lost during exercise thanks to electrolytes found in coconut water powder, Himalayan sea salt and added taurine.***

20G Collagen	8G EAAs	5G BCAAs	4G Sugar
Electrolytes	Vitamins C, B2 & B6	Taurine & Glutamine	Zinc & Magnesium
Gluten Free	Dairy Free	Soy Free	No Added Sugars

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***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.

PRE-WORKOUT | INTRA-WORKOUT | RECOVERY

VITAL PROTEINS® PERFORMANCE



RecoveryWAVE™

COLLAGEN / EAA / BCAA
20G / 8G / 5G

ELECTROLYTES / TAURINE / GLUTAMINE / VITAMINS C, B2, B6

DIETARY SUPPLEMENT

NET WT 28.3 oz (1.8lb) 803 g

Supplement Facts

Serving Size 2 Scoops (38g)
Servings Per Container About 21

	Amount Per Serving	% Daily Value
Calories	100	
Total Carbohydrate	6 g	2%*
Total Sugars	4 g	**
Protein	18 g	0%*
Vitamin C	45 mg	50%
Thiamin	0.6 mg	50%
Riboflavin	0.65 mg	50%
Niacin	8 mg NE	50%
Vitamin B6	0.65 mg	50%
Folate	200 mcg DFE (200 mcg folic acid)	50%
Pantothenic Acid	2.5 mg	50%
Magnesium	105 mg	25%
Zinc	3.5 mg	32%
Selenium	27.5 mcg	50%
Sodium	230 mg	10%
Potassium	205 mg	4%
Collagen Peptides (from bovine)	20 g	**
L-Glutamine	970 mg	**
Taurine	135 mg	**
Vital Proteins EAA Blend	5 g	**

L-Leucine, L-Isoleucine, L-Valine, L-Lysine, L-Phenylalanine, L-Threonine, L-Tryptophan, L-Histidine, L-Methionine

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

Other Ingredients: Coconut water powder, natural flavors, citric acid, malic acid, magnesium citrate, Himalayan pink sea salt, fruit and vegetable juice powder (for color), potassium citrate, monk fruit extract, sodium ascorbate (Vitamin C), zinc sulfate, niacinamide (Vitamin B3), D-calcium pantothenate (Vitamin B5), folic acid, pyridoxine hydrochloride (Vitamin B6), thiamine hydrochloride (Vitamin B1), riboflavin (Vitamin B2), sodium selenite (Selenium)

Contains: Coconut (tree nuts)

**Not a low calorie food. See nutrition information for sugar and calorie content.

Manufactured by: Vital Proteins LLC, 3400 Wolf Road Ste. 200, Franklin Park, IL 60131

This product is manufactured in a facility that processes milk, fish, and tree nuts.

Directions: Combine 2 scoops with 16 fl oz of liquid, mix thoroughly.

If you are pregnant, nursing or have a medical condition, consult your physician before use.

Storage Information: Store in a cool, dry place. Do not use if safety seal is broken or missing.

TYPICAL AMINO ACID PROFILE

(From EAA blend and naturally occurring amino acids in collagen)

Alanine	1,935 mg	Lysine ¹	1,314 mg
Arginine	1,570 mg	Methionine ¹	149 mg
Aspartic Acid	1,151 mg	Phenylalanine ¹	1,053 mg
Glutamic Acid	3,071 mg	Proline	2,659 mg
Glycine	4,728 mg	Serine	661 mg
Histidine ¹	138 mg	Threonine ¹	54 mg
Hydroxylysine	40 mg	Tryptophan ¹	102 mg
Hydroxyproline	2,302 mg	Valine ¹	1,352 mg
Isoleucine ¹	1,093 mg		
Leucine ¹	2,817 mg		

¹Essential Amino Acids ²Branched-Chain Amino Acids (BCAAs)



LEMON GRAPE

FLAVORED WITH OTHER NATURAL FLAVORS

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