

#### DIRECTIONS

Mix 1 scoop of Anabolic Recovery with 12-16 fl. oz. of water.

#### BENEFITS

- ▶ 7.5G OF THE 9 ESSENTIAL AMINO ACIDS (EAAs) to promote protein synthesis and support muscle growth.\*
- ▶ 2.5G OF L-GLUTAMINE for added recovery after exercise.\*
- ▶ 1G OF COCONUT WATER EXTRACT to support hydration.\*
- ▶ 2G OF BETAINE ANHYDROUS to promote liver health, improve athletic performance, and support protein synthesis.\*

**WARNING:** Not intended for anyone under the age of 18. If you are nursing, pregnant, taking medication or have a medical condition, consult your physician before taking this product.

KEEP OUT OF REACH OF CHILDREN.  
STORE IN A COOL, DRY & DARK 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.

**30**  
SERVINGS

ANABOLIC  WARFARE

# ANABOLIC RECOVERY

## ESSENTIAL AMINO ACIDS BLEND



ADDED  
Electrolytes\*



MUSCLE  
Protein Synthesis\*



IMPROVE  
Recovery\*

## OPERATION OJ

NATURALLY AND ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT

NET WT. 18.62 OZ (528 G)

## Supplement Facts

Serving Size: 1 Scoop (17.6g)  
Serving Per Container: 30

|                                   | Amount Per Serving | %DV |
|-----------------------------------|--------------------|-----|
| Magnesium (as Magnesium Citrate)  | 90 mg              | 21% |
| Sodium (as Sodium Citrate, Salt)  | 230 mg             | 10% |
| Potassium (as Potassium Chloride) | 200 mg             | 4%  |
| <b>EAA Blend</b>                  | <b>7500 mg</b>     |     |
| L-Leucine (BCAA)                  | 2500 mg            | †   |
| L-Isoleucine (BCAA)               | 1250 mg            | †   |
| L-Valine (BCAA)                   | 1250 mg            | †   |
| L-Lysine HCL                      | 800 mg             | †   |
| L-Threonine                       | 800 mg             | †   |
| L-Phenylalanine                   | 600 mg             | †   |
| L-Histidine                       | 150 mg             | †   |
| L-Tryptophan                      | 100 mg             | †   |
| L-Methionine                      | 50 mg              | †   |
| L-Glutamine                       | 2500 mg            | †   |
| Betaine Anhydrous                 | 2000 mg            | †   |
| Coconut Water Extract             | 1000 mg            | †   |

† Daily Value (DV) Not Established

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Malic Acid, Sucralose, Acesulfame Potassium, Calcium Silicate, Silicon Dioxide.

CONTAINS: TREE NUTS (COCONUT)

MANUFACTURED FOR & DISTRIBUTED BY:

**ANABOLIC  WARFARE**  
AUSTIN, TX • 888.301.4002



Manufactured in a facility which processes Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.



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