

**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.

OptiZinc® & logo are trademarks of Lonza or its affiliates.

KSM-66® is a trademark of Ixoreal BioMed Inc.

Formulated/manufactured exclusively for

AdvoCare® International, LLC

Richardson, TX 75082 • 800-542-4800

For more information visit [advocare.com](http://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.



P3201/10\_F04L070422



# NIGHTTIME RECOVERY

AMINO ACID & 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 magnesium aspartate)	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 (straw- <i>Avena sativa</i> )	67mg	**
Vanadium (as vanadyl sulfate)	67mcg	**
Saw palmetto extract (berry- <i>Serenoa repens</i> )	33mg	**
Nettles extract (leaf- <i>Urtica dioica</i> )	17mg	**
Ashwagandha Extract KSM-66® (root- <i>Withania somnifera</i> )	17mg	**
Wild yam extract (root- <i>Dioscorea oppositifolia</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, MALTODEXTRIN, POLYETHYLENE GLYCOL), MAGNESIUM STEARATE, SILICON DIOXIDE.  
CONTAINS: MILK