

COMPLETE YOUR ANABOLIC CYCLE

RECOVER & REPAIR™ is a precision-engineered formula designed to optimize recovery, fuel overworked muscles and support deep, reparative sleep. This is the ultimate tool to help your body recharge and optimize its "anabolic sleep cycles." RECOVER & REPAIR™ is designed to help hard-training athletes wake up energized and fully prepared to meet their performance potential head on.*

RECHARGED TO THE CORE

RECOVER & REPAIR™, is a triad of PM performance to help "optimize the anabolic cycle" by countering the factors that "eat away" at your hard-earned gains.*

STAGE 1: Natural nutrients help support deep rejuvenating sleep cycles that promote repair and growth of exercise-battered muscles.*

STAGE 2: A blend of powerful anti-stress scavengers that battle against stress-induced free radicals.*

STAGE 3: Overworked muscles are "fed" through the action of lipid transporting L-Carnitine, helping to generate metabolic muscle fuel while you sleep.*

REJUVENATE PM: STAGE 1

Inadequate sleep patterns can result in elevated cortisol levels, a reduction in testosterone and IGF-1. The end result - reduced recovery and increased lean muscle destruction. Rejuvenate PM features two clinically studied nutrients - melatonin and phosphatidylserine. Clinical data suggest that melatonin can hasten the onset of sleep, increase total sleep time, and improve sleep efficiency. Phosphatidylserine plays a key role in helping to suppress stress-induced cortisol levels, excess of which could have a muscle breakdown effect on tissue.*

REJUVENATE PM: STAGE 2

Free radicals are constantly at work, damaging muscle cells and weakening your immune function - *even while you sleep*. Therefore, antioxidants are critical to efficient muscle cell protection and rejuvenation. MRI Rejuvenate Proprietary PM Blend™ combats stress-induced free radicals with Grape Seed Extract and Alpha-Lipoic Acid. Grape Seed Extract has been shown to support the body's antioxidant defense. Alpha-Lipoic Acid performs a "triple role" - helps combat oxidative damage, regenerate other antioxidants, and chelate excess metals. Emerging research suggests it may help "recharge" other antioxidants like CoQ-10 and vitamins C and E.*

REJUVENATE PM: STAGE 3

Night time metabolic activity requires nutrition to help your body preserve and repair muscle. Rejuvenate PM helps "feed" the TCA cycle with essential co-factors such as Magnesium, Zinc and L-Carnitine, which are required for optimal energy generation. A premium form of L-Carnitine helps the body "shuttle" free lipids deep into the mitochondria - the energy producing "power houses" of cells.*

*Activate Your Full Recovery Potential to
Optimize Your Athletic Performance.**

DIRECTIONS (Adult):

Take 1 softgel 20 minutes before bedtime. Up to 2 softgels can be taken at a time.

*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.

RECOVER & REPAIR™

HELPS REPAIR MUSCLE WHILE YOU SLEEP*

MRI®

PERFORMANCE

ATHLETE COMPETITIVE SERIES™



- Supports Optimal Muscle-Repairing Sleep Tonight for Peak Performance Tomorrow*
- Helps Support Skeletal Muscle Bioenergetics*
- Formulated with Antioxidants for Cellular Protection*
- Helps Reduce Stress & Muscle Catabolism*

CLINICALLY TESTED INGREDIENTS
TO SUPPORT MUSCLE RECOVERY**

30 SOFTGELS
DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size 1 Softgel

Servings Per Container 30

	AMOUNT PER SERVING	%DV ¹
Calories	10	
Calories from Fat	6	
Total Fat	1 g	2% ²
Vitamin A (as Retinyl Acetate)	625 IU	13%
Vitamin C (as Ascorbic Acid)	15 mg	25%
Vitamin D (as Cholecalciferol)	500 IU	125%
Vitamin B6 (as Pyridoxine HCl)	5 mg	250%
Vitamin B12 (as Cyanocobalamin)	250 mcg	4167%
Magnesium (as Magnesium Oxide)	0.05 mg	<1%
Zinc (as Zinc Oxide)	15 mg	100%
MRI Rejuvenate Proprietary PM Blend™	500.35 mg	**
[Phosphatidylserine, L-Carnitine (as L-Carnitine Fumarate); Grape (<i>Vitis vinifera</i> L.) Extract (seed and skin); Alpha-Lipoic Acid; Calcium Pyruvate; Hops (<i>Humulus lupulus</i> L.) Extract (flower); L-Glutamine; Valerian (<i>Valeriana officinale</i> L.) Extract (root)]		
Melatonin	1.5 mg	**

¹Percent Daily Values (DV) are based on a 2,000 calorie diet.

²Daily Value not established

Other Ingredients: Soybean Oil, Gelatin, Glycerin, Purified Water, Yellow Beeswax, Lecithin, Caramel Color.

Contains: Soy

No: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Wheat, Peanuts, Yeast, Gluten, Artificial Flavors or Colors, Added Sugars or Preservatives.

WARNING: For adult use only. If you have a medical condition, including an autoimmune condition or depressive disorder, and/or are taking medications, including any tranquilizers or sedatives, consult your healthcare professional before using. People with allergies to soy or corn should consult their healthcare professional before taking this product. Do not take when operating machinery or driving a vehicle. Do not use in conjunction with alcoholic beverages. Do not take if you are pregnant or lactating.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT 59-86°F (15-30°C). PROTECT FROM LIGHT AND MOISTURE.

† Clinical and experimental research has shown that Phosphatidylserine, L-Carnitine and Magnesium may help optimize muscle recovery.

MADE IN USA

MANUFACTURED FOR & DISTRIBUTED BY MRI

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www.mri-performance.com

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