

**DYMATIZE**  
NUTRITION

# ELITE RECOUP

**Advanced Amino Recovery**

DIETARY SUPPLEMENT

7.2g Pharmaceutical Grade  
BCAAs per Serving  
2.5g Glutamine per Serving  
Added B Vitamin Complex



**ORANGE**

NATURALLY FLAVORED

NET WT 0.76 LBS (345g)

## Supplement Facts

Serving Size: 1 Heaping Scoop (11.5g)  
Servings Per Container: 30

|                                      | Amount Per Serving | %DV* |
|--------------------------------------|--------------------|------|
| Vitamin B1 (as Thiamin HCL)          | 1.5 mg             | 100% |
| Vitamin B2 (as Riboflavin)           | 1.7 mg             | 100% |
| Vitamin B3 (as Niacin)               | 20 mg              | 100% |
| Vitamin B5 (as Pantothenic Acid)     | 9 mg               | 90%  |
| Vitamin B6 (as Pyridoxine HCL)       | 2 mg               | 100% |
| Vitamin B12 (as Cyanocobalamin)      | 3.5 mcg            | 60%  |
| Vitamin C (as Ascorbic Acid)         | 60 mg              | 100% |
| L-Leucine                            | 3.6 g              | †    |
| L-Glutamine                          | 2.5 g              | †    |
| L-Isoleucine                         | 1.8 g              | †    |
| L-Valine                             | 1.8 g              | †    |
| Citrulline Malate & Hydrogen Citrate | 1 g                | †    |

\*Percent Daily Values (%DV) are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.  
† Daily Value not established.

**INGREDIENTS:** L-Leucine\*, L-Glutamine, L-Isoleucine\*, L-Valine\*, Citric Acid, Natural Flavor, Sucralose, Natural Color, Ascorbic Acid, Silicon Dioxide, Niacin, Citrulline Malate, Calcium D-Pantothenate, Pyridoxine HCL, Riboflavin, Thiamin HCL, Cyanocobalamin.

\* Pharmaceutical Grade

Elite Recoup utilizes  
only AjiPure, 100%  
Pharmaceutical grade  
BCAAs, sourced from  
Ajinomoto AminoScience.

AjiPure is a registered trademark of Ajinomoto AminoScience LLC.

\*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.

MANUFACTURED IN THE USA • EEC APPROVED  
DYMATIZE ENTERPRISES, INC. PLANT# 3005816913

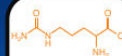


**BUILDING BETTER BODIES®**  
DYMATIZE.COM

Manufactured & Distributed by:  
Dymatize Enterprises Inc.  
Dallas, TX 75234  
(888) 634-LEAN / (972) 732-1990



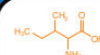
Leucine



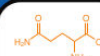
Glutamine



Valine



Isoleucine



Citrulline

Elite Recoup is an advanced blend of the 3 Branch Chain Amino Acids, L-Leucine, L-Valine and L-Isoleucine. **Each serving provides a full 7.2 grams** of these essential amino acids that play such an important role in recovery after a period of stress such as an intense workout. These **pharmaceutical-grade BCAAs** are supplemented with **pure Free Form L-Glutamine and Citrulline Malate**. In addition a **full complement of the B vitamins** have been added. These include Thiamin (B1), Riboflavin (B2), Niacin (B3), Pantothenic Acid (B5), Pyridoxine (B6) and Cyanocobalamin (B12).<sup>x</sup>

Elite Recoup is designed to help you **speed recovery** and **reduce muscle breakdown**. In addition, Elite Recoup is designed to help **enhance cell volumization**, promote vasodilation which may lead to better protein absorption and aid in immune and digestive health.<sup>x</sup>

**DIRECTIONS:** Mix 1 heaping scoop (11.5 grams) with 6-10 ounces of water. Because of the natural resistance of BCAA amino acids to go into liquid solution some settling on both the top and bottom may be noticeable.

**For Maximum Results, Consume the Following:<sup>x</sup>**

**Pre-Workout:** <150 pounds = 2 heaping scoops  
(complete consumption during workout) 150-200 pounds = 3 heaping scoops  
200+ pounds = 4 heaping scoops

**Post-Workout:** 2 heaping scoops immediately after workout

1769



7

05016 07620

8