

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



LEMONADE

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, 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.

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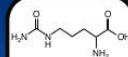


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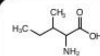
Leucine



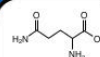
Glutamine



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).^x

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.^x

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:^x

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

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