

**ATHLETE
APPROVED**
THEATHLETE'SCOMPANY.™



recon

Refuel-Replenish-Rebuild

- Maximizes Post-Workout Growth and Repair
- Boosts Immune and Recovery Mechanisms
- Blocks Stress-Induced and Post-Workout Catabolism
- Scavenges Cellular Pollution and Remove Metabolic Waste

fruit punch
FLAVOR

40,000mg

of POWERFUL INGREDIENTS

DIETARY SUPPLEMENT NET WEIGHT 2.64 LBS (1.2 KG)

RECON™ is a high-performance POST-WORKOUT RECOVERY formula. **RECON™** was designed to maximize the most important phase of the athlete's training program – the post-workout phase, what those in our game call the "anabolic window". Every facet of reconstruction nutrition is accounted for in this, the most comprehensive recovery formulation available on the market!

SUGGESTED USE: Mix ½ to 1 scoop of Recon to 6-12 oz of water immediately post workout

For High-Intensity training sessions: Use 1 scoop of RECON immediately post workout.

For moderate-intensity training sessions: Use 1/2 scoop of RECON immediately post-workout.

WARNING: This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use this product if you are pregnant or nursing. Before using this product consult with your physician if you are using any prescription or over the counter medication or supplements. Do not take this product if you are at risk or are being treated for any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking an MAO inhibitor. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Protect from heat, light and moisture. Do not use if safety seal is broken or missing. **Keep out of reach of children.**



Each MusclePharm Product was thoroughly tested and developed using the highly advanced Omega Wave Technology. Such comprehensive insight has provided MusclePharm truly a competitive edge in the development of its products, allowing science to go where it has never gone before, enhancing the communication between the athlete and scientist. For More Information please visit musclepharm.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.

Supplement Facts

Serving Size 1 Scoop (40 g)
Servings Per Container 30

Amount Per Serving

Calories 80 Cal Calories from Fat 0

% Daily Value*

Total Carbohydrates 20g 7%

Dietary Fiber 1g 4%

Sugars 7g

Vitamin C 500mg 833%

Vitamin E 75iu 250%

Vitamin B6 5mg 250%

Calcium 50mg 5%

Phosphorous 50mg 5%

Magnesium 360mg 90%

Chloride 50mg 2%

Sodium 25mg 1%

Potassium 25mg <1%

RECON™ Muscle Rebuilding

Proprietary Blend 40,000mg **

Recovery Accelerator 5,250mg **

L-Glutamine 3,500mg

L-Arginine 1,500mg

Pyroglutamic Acid 250mg

Muscle Extend Matrix 1,385mg **

Beta Alanine, Citrulline Malate, Suma (Pfaffia

paniculata)(root), Ginger Extract (Zingiber

officinale)(root)

Muscle Detoxifier 250mg
Echinacea (Angustifolia)(whole plant), Nettle (Urtica dioica)(leaf), Dandelion (Taraxacum officinale)(root), Bearberry (Arctostaphylos uva-ursi)(berry), Cranberry Extract, Saw Palmetto (Serenoa repens) (berry), Bromelain, Astaxanthin Complex

Anabolic Primer Matrix 8,800mg **

3:1:2 BCAA Blend 6,000mg **

L-Leucine 3,000mg

L-Isoleucine 1,000mg

L-Valine 2,000mg

EAA Complex 2,800mg **

Glycine 1,000mg

L-Threonine 500mg

L-Lysine 500mg

L-Phenylalanine 500mg

L-Methionine 150mg

L-Cysteine 150mg

Reload Matrix (Insulinogenic) 53 mg **

Chromium (polynicotinate), Fenugreek Extract (4-Hydroxyisoleucine), Gymnema Sylvestre, Vanadyl Sulfate

Anti-Stress and Adaptogen Matrix 85mg **

Phosphatidylserine Lecithin Complex, Dimethylglycine (DMG), Gynostemma Pentaphyllum

Carb Max™ 3 Stage

Delivery System 20,000mg **

Maltodextrin, Dextrose, Inulin

Other Ingredients: Citric Acid, Ascorbic Acid, Red Beet Powder, Magnesium Oxide, Silicon Dioxide, Natural & Artificial Flavors, Tricalcium Phosphate, Acesulfame Potassium, Sucralose, Pyroxidine HCL, DL-Alpha Tocopherol Acetate, Salt, Potassium Chloride.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**No Daily Value established.



QUESTIONS, Comments, or to place an order: 1-800-210-7369
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MusclePharm® PO Box 1961 Arvada, CO. 80001 USA
Made in Canada