

**CONTAINS NO** artificial colors, flavors, or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Citrulline malate has recently been shown to improve aerobic energy production in exercising muscles. This amino acid is biosynthesized from both ornithine and arginine, and together these conditionally essential amino acids support protein metabolism, nitrogen balance, and muscle health. Malic acid has also been shown to aid in restoring muscle performance. Of all the macronutrients, only protein contains nitrogen, and a sufficient supply is critical to muscle growth and recovery. **Muscle Recovery** is a convenient capsule to improve recovery from exercise and strenuous activity.†

**We Guarantee Our Supplements  
for Potency and Purity**

**To report a serious adverse event, call 1-888-710-0006**

† 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.

# MUSCLE RECOVERY

**with Citrulline Malate**  
Promotes Muscle Health†

Take It Before and Feel Better After†

Dietary Supplement



## 60 VEGETARIAN CAPSULES

### Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 60

Amount Per Serving	% Daily Value
Magnesium (as Magnesium Malate).....	15 mg 4%
Muscle Recovery and Nitrogen Balancing Blend (L-Arginine, Citrulline Malate, L-Ornithine) .....	500 mg *

\* Daily Value not established.

**OTHER INGREDIENTS:** VEGETARIAN CAPSULE, CELLULOSE, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA.

**SUGGESTED USE:** Take one capsule with liquid before exercise for best results.

KEEP OUT OF REACH OF CHILDREN.

VVL 755-60A

