

USAGE: Take 8 capsules 30 to 60 minutes before exercise as a pre-workout supplement. For recovery, take 8 capsules immediately post-workout. If desired, can be used both pre- and post-workout for a total of 16 capsules. May be consumed with a carbohydrate drink for additional benefits.

Jarrow FORMULAS® Amino Recovery™ includes PeptoPro®, a mixture of di- and tri-peptides (>60% di- and tri-peptides) yielding a completely water-soluble supplement that requires no additional digestion for rapid entry into the blood stream and delivery to muscle tissue.* Pre-workout ingestion supports endurance and performance during intense exercise.* Post-workout ingestion supports recovery.* Amino Recovery™ supplies additional branched-chain amino acids to aid insulin response.*

PeptoPro® co-ingestion with carbohydrate further facilitates improved protein balance and muscle protein synthesis.*

Keep out of the reach of children.

* 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.

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
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Jarrow
FORMULAS®

AMINO RECOVERY™

QUICK
Assimilation

Pre- and Post-Workout / Recovery*

BRANCHED CHAIN AMINO ACIDS

Supplement Facts

Serving Size 8 Capsules

Servings Per Container 30

	Amount Per Serving	% DV
Vitamin B ₆ (as pyridoxine HCl)	1 mg	50%
PeptoPro® Casein Hydrolysate	4,000 mg	*
L-Leucine	600 mg	*
L-Valine	300 mg	*
L-Isoleucine	300 mg	*

* Daily Value not established.

Other Ingredients: Cellulose and magnesium stearate (vegetable source). Capsule consists of gelatin.

Contains: Milk.

No wheat, no gluten, no soybeans, no egg, no fish/shellfish, no peanuts/tree nuts.

PeptoPro® is a registered trademark of DSM.

PATENT PENDING

0610AMINO

PROD # 115064



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Lot #: Best Used Before:

240 CAPSULES

DIETARY SUPPLEMENT