

## SUPPLEMENT FACTS

Serving Size: 1 level scoop (35.5 g)  
Servings Per Container: 20

AMOUNT PER SERVING		% DV
Calories	130	
Total Fat	1 g	1%†
Cholesterol	5 mg	2%
Total Carbohydrate	10 g	4%†
Dietary Fiber	<1g	2%
Total Sugars	6 g	**
Includes 6 g Added Sugars		12%†
Protein	20 g	40%†
Calcium	130 mg	10%
Iron	2 mg	11%
Sodium (as sodium chloride)	280 mg	12%
Potassium (as potassium citrate)	500 mg	11%
MUSCLE RECOVERY BLEND	24 g	**
Whey protein isolate, Pea protein isolate, Micellar casein, [Branched-chain amino acids (BCAAs): L-leucine, L-valine, L-isoleucine (2:1:1)], L-glutamine		
Pomegranate extract (fruit)	650 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Organic cane sugar, Cocoa powder (processed with alkali), Natural flavors, Xanthan gum, Stevia leaf extract. Contains milk.



Chocolate flavored

# RECOVER POST-WORKOUT

Clinically tested powerful key ingredients and phytonutrients to help:\*

Speed muscle and strength recovery

Combat exercise-induced muscle soreness

Boost muscle protein synthesis

Build and repair muscles

**DIRECTIONS:** Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz water until dissolved. Drink within 30 minutes after exercise.

**ALLERGEN STATEMENT:** Contains milk. This product is manufactured in a plant that also processes egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

**WARNING:** Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

STORE IN A COOL, DRY PLACE.

**DISTRIBUTED BY:** Beachbody, LLC, 3301 Exposition Blvd., Santa Monica, CA 90404

PREMIUM PROTEIN

BCAAs

POMEGRANATE EXTRACT

## DON'T LET MUSCLE SORENESS STAND IN THE WAY OF YOUR RESULTS.

The faster your recovery, the better you'll perform at your next workout, and the sooner you'll see results. Beachbody Performance Recover's patented, clinically studied formula delivers effective levels of ingredients including: fast-, intermediate-, and slow-release proteins to help promote muscle recovery; an optimal ratio of branched-chain amino acids (BCAAs) to help muscles repair; and pomegranate extract that delivers ellagitannins to help reduce delayed onset muscle soreness (DOMS) and speed muscle strength recovery.\*

NO SYNTHETIC COLORS AND NO ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES.

\*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.



Informed Sport certifies each batch of this product was tested for banned substances and also ensures high quality manufacturing standards.

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DIETARY SUPPLEMENT

NET WT 1.6 LBS (710 g)

BBPLBL1013US02



99% POST-CONSUMER RECYCLED CONTENT JAR<sup>1</sup>  
†EXCLUDES CAP, SEAL, AND LABEL



SUBB31107US02