

## SUPPLEMENT FACTS

Serving Size: 1 level scoop (40 g)  
Servings Per Container: 20

AMOUNT PER SERVING		% DV
Calories	150	
Total Fat	2.5 g	3%*
Cholesterol	0 mg	0%
Total Carbohydrate	12 g	4%*
Dietary Fiber	3 g	11%*
Total Sugars	6 g	**
Includes 6g Added Sugars		12%*
Protein	20 g	37%*
Calcium	120 mg	9%
Iron	5 mg	28%
Sodium (as Sodium chloride)	400 mg	17%
Potassium (as Potassium citrate)	450 mg	10%

<b>MUSCLE RECOVERY BLEND</b>	28 g	**
Pea protein isolate, [Branched-chain amino acids (BCAAs): L-Leucine, L-Valine, L-Isoleucine (2:1:1)], L-Methionine, L-Glutamine		

Pomegranate extract (fruit)	650 mg	**
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†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, Stevia leaf extract, Xanthan gum.

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

**DISTRIBUTED BY:** Beachbody, LLC,  
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**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.

**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.

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\*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.



# RECOVER

POST-WORKOUT



**V**vegan

**INFORMED-SPORT**  
Trusted by sport

**PLANT-BASED**

**CHOCOLATE** Flavored

FORMULATED WITH KEY INGREDIENTS  
SCIENTIFICALLY SHOWN TO:\*

- » Speed muscle recovery
- » Promote lean-muscle synthesis
- » Combat exercise-induced muscle soreness
- » Improve muscle strength recovery

## BEACHBODY PERFORMANCE® SUPPLEMENTS

Designed by leading authorities in cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and phytonutrients to help maximize exercise performance and recovery with no synthetic colors, and no artificial flavors, sweeteners or preservatives.\*

Recover is formulated with key ingredients scientifically shown to assist with muscle recovery and soreness from intense exercise sessions. Key ingredients include protein to support muscle recovery and optimize training adaptations, an optimal ratio of branched-chain amino acids (BCAAs) to help stimulate muscle protein synthesis, and a powerful pomegranate extract that delivers ellagitannins to help speed muscle strength recovery while reducing delayed onset muscle soreness (DOMS) from intense workouts.\*



SUBB31112US02

DIETARY SUPPLEMENT

NET WT 1.76 LBS (800 g)