

SUPPLEMENT FACTS

Serving Size: 1 level scoop (35 g)
Servings Per Container: 20

AMOUNT PER SERVING		% DV
Calories	130	
Total Fat	1 g	<1%†
Cholesterol	10 mg	3%
Total Carbohydrate	10 g	4%†
Total Sugars	7 g	**
Includes 7g Added Sugars		14%†
Protein	20 g	40%†
Calcium	150 mg	12%
Iron	1 mg	6%
Sodium (as Sodium citrate)	150 mg	7%
Potassium (as Potassium citrate)	150 mg	3%

MUSCLE RECOVERY BLEND	25 g	**
Whey protein isolate, Pea protein isolate, Micellar casein, Quercetin, [Branched-chain amino acids (BCAAs): L-leucine, Valine, 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, Natural orange flavor (with other natural flavors), Citric acid, Xanthan gum, Stevia leaf extract, Annatto extractives (color).

ALLERGEN STATEMENT: Contains milk (whey protein isolate and casein). This product is manufactured in a plant that also processes egg, soy, fish, crustacean shellfish, tree nut, peanut, and wheat ingredients.

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404
• 1 (800) 818-5174

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.

© 2019 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the Beachbody Performance, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. Have questions? Contact your Coach for support or go to BeachbodySupport.com for more information.

*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



ORANGE 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 fast-, intermediate-, and slow-release proteins to support muscle recovery and optimize training adaptations, an optimal ratio of branched-chain amino acids (BCAAs) to help stimulate muscle protein synthesis, a small amount of carbohydrate to support muscle glycogen recovery, and a powerful pomegranate extract that delivers ellagitannins to help speed muscle strength recovery while reducing delayed onset muscle soreness (DOMS) from intense workouts.*



BBPLBL1014US01

PATENT PENDING

DIETARY SUPPLEMENT

NET WT 1.54 LB (700 g)