

## SUPPLEMENT FACTS

Serving Size 1 level scoop (28.5 g)

Servings Per Container 20

	AMOUNT PER SERVING	% DV†
Calories	100	
Cholesterol	10 mg	3%
Total Carbohydrate	6 g	2%
Sugars	5 g	**
Protein	20 g	40%
Calcium	420 mg	42%
Magnesium	15 mg	4%
Sodium (as sodium chloride)	80 mg	3%
Potassium	50 mg	1%

### OVERNIGHT MUSCLE RECOVERY/ANTI-MUSCLE SORENESS BLEND

[Micellar casein, Branched chain amino acids (BCAAs); L-leucine, Valine, Isoleucine (2:1:1), L-glutamine]	23 g	**
Tart cherry ( <i>Prunus cerasus</i> ) powder (CherryPURE)	480 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

\*\*% Daily Value (DV) not established.

**OTHER INGREDIENTS:** Beet sugar, Natural vanilla chamomile flavor (with other natural flavors), Stevia (*Stevia rebaudiana*) leaf extract, Xanthan gum.

**DIRECTIONS:** Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz water until completely dissolved. Drink within 1 hour of going to sleep.

**WARNING:** Consult with a healthcare professional if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

**ALLERGEN INFORMATION:** Contains milk (casein) and soy (lecithin). This product is manufactured in a plant that also processes egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat ingredients.

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.



# BEACHBODY PERFORMANCE™

## RECHARGE

### VANILLA

#### NIGHTTIME



FORMULATED WITH KEY INGREDIENTS SCIENTIFICALLY SHOWN TO:\*

- » Support overnight muscle recovery
- » Combat exercise-induced muscle soreness
- » Promote lean-muscle synthesis
- » Reduce muscle breakdown

### BEACHBODY PERFORMANCE™ SUPPLEMENTS

Designed by Harvard-trained scientists, and based on cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed *ergogenic* ingredients and plant-based nutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.

Sleep is crucial to recovery. Recharge is formulated with key ingredients scientifically shown to assist with overnight muscle recovery and soreness from intense workout days. Key ingredients include slow-release micellar casein protein to support overnight muscle recovery and repair while combating breakdown, an optimal ratio of branched-chain amino acids (BCAAs) to help stimulate muscle protein synthesis overnight, and a powerful anthocyanin-rich tart cherry powder to help reduce exercise-induced oxidative stress and delayed onset muscle soreness (DOMS) from intense workout days.