

SUPPLEMENT FACTS

Serving Size 1 level scoop (35.5 g)

Servings Per Container 20

	AMOUNT PER SERVING	% DV†
Calories	130	
Calories from Fat	10	
Total Fat	1 g	2%
Cholesterol	5 mg	2%
Total Carbohydrate	10 g	3%
Sugars	6 g	**
Protein	20 g	40%
Calcium	140 mg	14%
Magnesium	40 mg	10%
Sodium (as sodium chloride)	300 mg	13%
Potassium (as potassium citrate)	420 mg	12%

MUSCLE RECOVERY/ANTI-MUSCLE SORENESS BLEND

[Whey protein isolate, Pea protein isolate, Micellar casein, Branched chain amino acids (BCAAs); L-leucine, Valine, Isoleucine (2:1:1), L-glutamine]	23 g	**
Pomegranate (<i>Punica granatum</i> L.) extract (POMx)	650 mg	**

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

**% Daily Value (DV) not established.

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

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 if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

ALLERGEN INFORMATION: Contains milk (whey protein isolate and 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.



RECOVER

CHOCOLATE

POST-WORKOUT

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 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.

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 ellagitannin-rich pomegranate extract to help promote speedy muscle strength recovery while reducing delayed onset muscle soreness (DOMS) from intense workouts.