

RECOVER-EASE™

RECOVER-EASE™ provides a scientific balance of 8 research-proven ingredients designed to enhance your body's ability to recover following exercise.

As a regular part of your training, **RECOVER-EASE™** can help:

- Accelerate tissue repair*
- Reduce muscle soreness*
- Reduce muscle breakdown*
- Improve immune function*

RECOVER-EASE™ contains NO stimulants, hormones or USOC/IOC/NCAA banned substances.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for: TalMark Nutrition, LLC
P.O. Box 410, Shrewsbury, MA 01545
www.recover-ease.com
To Reorder Call 1-800-422-5610



RECOVER-EASE™

Post-Exercise Recovery Enhancement



Dietary Supplement
120 Capsules

RECOVER-EASE™

Suggested Usage: During normal periods of training, consume 4 capsules with 8 ounces of water or sports drink immediately following exercise. Following competitions, or during periods of intense training, consume up to 8 capsules with 8-16 ounces of water or sports drink immediately following competition or training. Many athletes will use 4 capsules/day for the month leading up to a competition, followed by 8 capsules/day for the 2 weeks following competition.

Supplement Facts

Serving Size 4 capsules

Serving Per Container 30

	Amount Per Serving	% Daily Value
Recover-Ease Proprietary Blend (L-glutamine, L-leucine, L-valine, L-isoleucine, papain, bromelain, beta-sitosterol, citrus bioflavonoids)	2900 mg	*

*Daily value not established

PATENT PENDING ◆ **DOPE FREE** ◆ **RESEARCH PROVEN**