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**RECOVERY
BCAA****FINISH STRONGER.
RECOVER SMARTER.***Recovery BCAA is a caffeine-free exercise recovery Aid.***

BCAA's, Glutamine and Electrolytes supply you with the kick start your body needs to start the recovery process.

Engineered for Athletes and fitness consumers who demand a serious recovery formula.

Powered by:

- BCAAs
- Electrolytes
- Glutamine
- L-Citrulline Malate

Most important, Recovery BCAA is NSF certified®. That means it is label claim verified, free of banned substances and cleared for use for athletes in every stage of their game. Proven4 fitness fanatics. Proven4 Pro Athletes. Proven4 You.

DIETARY SUPPLEMENT**30 SERVINGS**

Net Wt. 0.86 lb (390g)

**PROVEN4
SPORT****RECOVERY
BCAA****ARCTIC FREEZE**NATURAL & ARTIFICIAL FLAVOR
DIETARY SUPPLEMENT

Net Wt. 0.86 lb (390g)

**SUGGESTED USE:** As a dietary supplement, mix 1 (13g) scoop with 8-10 oz of water during or after your game or workout.**Supplement Facts**

Serving Size: 13g (Approx. 1 Scoop)

Servings Per Container: 30

| | Amount Per 1 scoop | % Daily Value |
|---|--|---------------|
| Calories | 20 | |
| Total Carbohydrate | 5g | 2%* |
| Total Sugars | 3g | † |
| Includes 3g Added Sugars | | 6%* |
| Vitamin C (Ascorbic Acid) | 80 mg | 89% |
| Vitamin D (as Cholecalciferol) | 10 mcg | 50% |
| Thiamin (as Thiamine HCl) | 1.5 mg | 125% |
| Riboflavin | 1.7 mg | 131% |
| Niacin (as Niacinamide) | 20 mg | 125% |
| Vitamin B6 (as Pyridoxine HCl) | 2 mg | 118% |
| Folate | 666.66 mcg DFE (400 mcg Folic Acid) | 167% |
| Vitamin B12 (as Methylcobalamin) | 6 mcg | 250% |
| Biotin | 300 mcg | 1,000% |
| Pantothenic Acid (as Calcium-D-Pantothenate) | 10 mg | 200% |
| Sodium | 85 mg | 4% |
| Potassium | 104.8 mg | 2% |
| Instant BCAA Blend 2:1:1 | 5 g | † |
| L-Leucine, L-Isoleucine, L-Valine | | |
| L-Glutamine | 1 g | † |
| L-Citrulline Malate | 1 g | † |
| Electrolyte Blend | 450 mg | † |
| Sodium Chloride, Potassium Chloride, Calcium Citrate. | | |

* Percent Daily Values are based on 2000 calorie diet.

† Daily Value not established.

OTHER INGREDIENTS: Dextrose, Maltodextrin, Citric Acid, Silicon Dioxide, Sucralose, Natural and Artificial Flavor, FD&C Blue #1.**Allergen Warning:** This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. The manufacturing facility also handles sesame, a major allergen.**WARNING:** Before consuming Proven4Sport Recovery BCAA Formula, seek advice from a health care professional if you are unaware of your current health condition or have any pre-existing medical condition including, but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver or thyroid disease, anxiety, depression, seizure disorder, psychiatric disease, diabetes, pernicious anemia, difficulty urinating, due to prostate enlargement or if you are taking an MAO inhibitor or any other medication. Do not use if you are pregnant, nursing, prone to dehydration, or exposed to excessive heat. Discontinue use or reduce if sleeplessness, tremors, dizziness, nervousness, headaches or heart palpitations occur. Proven4Sport Recovery Formula is only intended to be consumed by healthy adults 18 years of age or older. **Keep out of reach of children and pets. Store in a cool, dry place.**

In case of an adverse reaction or if you have a question/comment regarding this product please contact us at 1-800-396-0041

****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.****Distributed by:**

Professional Health and Nutrition, Inc.

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www.proven4.com

Made in the USA with globally sourced ingredients