



# recover

MUSCLE GROWTH OPTIMIZED



## Elevate Your Recovery Game!

Unleash Your Full Potential with RECOVER & Elevate Your Recovery! Are you tired of feeling worn out and achy after an intense workout or a demanding day? Say goodbye to those post-activity woes, because RECOVER is here to revolutionize your recovery journey like never before!

### EXPERIENCE THE EXTRAORDINARY!

RECOVER is not your ordinary post-workout product; it's a groundbreaking formula backed by science, designed to supercharge your body's innate ability to bounce back from strenuous physical activity. Here's why it's about to become your new best friend:

### SPEEDY RELIEF FROM DOMS

Say goodbye to soreness! RECOVER helps you bounce back quicker from Delayed Onset Muscle Soreness (DOMS).

### NUTRIENT-RICH RESTORATION

Packed with a carefully crafted bio-available nutritional profile, RECOVER enhances your rest and recovery like no other.

### MINIMIZE RECOVERY DELAYS

It's not just about recovery; it's about reducing metabolic waste and keeping those annoying recovery delays at bay.

### HOLISTIC TRANQUILITY

RECOVER isn't just for your body; it's for your mind too. Experience a sense of tranquility that fosters a complete recovery experience. Don't miss out on the chance to feel better, physically and mentally, after every intense physical endeavor or challenging day. RECOVER is your ultimate solution, your secret weapon for a better you! Say hello to a new era of recovery with RECOVER! Grab your RECOVER today and unlock your body's full potential for recovery and rejuvenation!

### DIRECTIONS

Mix one (1) stick of RECOVER into at least 12 ounces of water. For best results consume no later than an hour after a workout or physical activity.

**Pro Tip:** To help accelerate your recovery and prevent delayed rejuvenation, you can use RECOVER in conjunction with IDLife's LOAD & WORK.



**WARNING:** Consult your physician before beginning any workout regimen or using this product if you are taking any prescription or over-the-counter medications. Discontinue use and consult your health care professional if you experience any adverse reaction to this product. Do not exceed the recommended serving size or suggested use. **KEEP OUT OF REACH OF CHILDREN.**

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.

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