

TRUESPORT MUSCLE RECOVERY MIXED BERRY FLAVOR

Exercise is an essential part of healthy living, and recovery is part of the process. Designed to alleviate exercise-induced muscle soreness, this vegan dietary supplement features an exclusive blend of Cayenne, Ginseng and Turmeric to help support circulation, joints and physical performance[†]. You also get an amino acid blend of Leucine, Isoleucine and Valine to help support muscle repair along with polyphenol antioxidants from Pomegranate to help fight free radicals created during exercise[†]. With calcium, magnesium and Vitamin B12 that support muscle function and recovery, replenish electrolytes, and help the body metabolize carbohydrates, proteins and fats, think of it as a vegan, amino acid-fueled, Berry-flavored post-workout boost[†]. Formulated without artificial colors, flavors or sweeteners; formulated without high-fructose corn syrup, dairy, or soy. **Previously known as Arbonne PhytoSport® After Workout.**

20 stick packs, net wt. 0.4 oz. / 12.4 g each, Total net wt. 8.7 oz. / 248 g, #6100



FEATURES

- Contains ingredients that help alleviate exercise-induced muscle damage[†]
- Supports muscle recovery between workouts[†]
- Helps build lean muscle tissue when combined with regular weight resistance training[†]
- Formulated for men and women 18 and older to support all levels of competitive activity
- Formulated without artificial colors, flavors or sweeteners



THE ARBONNE DIFFERENCE

Plant-powered, nutrient-rich products developed in partnership with experts and validated by science to support a holistic approach to healthy living. MIND. BODY. SKIN.™

BSCG CERTIFICATION

Banned Substances Control Group (BSCG) tests for more than 207 drugs banned by sporting groups including WADA, NFL, MLB, NHL, NBA, MLS, PGA, LPGA, NCAA, and is the only certification provider to cover an additional 185 prescription and over-the-counter drugs not banned in sport. BSCG also regularly tests products for label verification, identity, and contaminants, and audits manufacturers for Good Manufacturing Practices (GMP) compliance.

KEY INGREDIENTS & BENEFITS

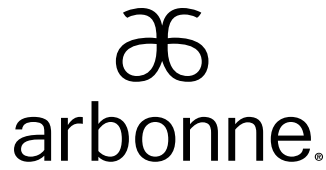
- Contains Arbonne TrueSport Blend to support joints, circulation and physical performance[†]
- Antioxidant polyphenols from Pomegranate help fight free radicals created during exercise[†]
- Branched-chain amino acids Leucine, Isoleucine and Valine help support muscle repair, alleviate exercise-induced muscle soreness, and promote recovery from normal exercise-induced muscle damage[†]
- Calcium and magnesium support muscle function and recovery[†]
- Vitamin B12 helps the body metabolize carbohydrates, proteins and fats, as well as supports red blood cell formation[†]

HOW TO USE

Add 1 stick pack to 16 fl. oz. of water. Consume within 30 minutes of physical activity. Do not exceed the recommended daily intake of 1 stick pack per day.

NOTE: Pregnant or breastfeeding women, those with a medical condition, and those taking medication should consult with a healthcare professional before use. Do not use if outer seal is broken or missing or if packet is torn or open. **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.



TRUESPORT MUSCLE RECOVERY

MIXED BERRY FLAVOR

COMPLEMENTARY PRODUCTS

TrueSport Workout Fuel, #6099

TrueSport Hydration, #6264



ArbonneCycle
A force for good for people and planet.

- Stick Pack: Clean and return to us for proper recycling.
- Carton: Clean and use curbside recycling.

Supplement Facts

Serving Size 1 stick pack (12.4 g)

Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	6 g	2%*
Total Sugars	1 g	†
Includes 0.5 g Added Sugars		<1%*
Vitamin B12 (as cyanocobalamin)	4 mcg	167%
Calcium (as calcium citrate tetrahydrate)	100 mg	8%
Magnesium (as magnesium citrate and magnesium oxide)	100 mg	24%
Branched Chain Amino Acid Blend	3500 mg	†
L-leucine, L-isoleucine, L-valine		
Arbonne TrueSport Blend	189 mg	†
Ginseng (<i>Panax ginseng</i>) root extract, Turmeric (<i>Curcuma longa</i>) root extract, Cayenne (<i>Capsicum annuum L.</i>) fruit extract		
Pomegranate (<i>Punica granatum</i>) fruit extract standardized to 50% polyphenols	150 mg	†

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

†Daily Value not established.

OTHER INGREDIENTS: brown rice syrup solids, natural flavors, citric acid, maltodextrin, thickeners (gum arabic, guar gum, xanthan gum), stevia leaf extract, beet juice concentrate (for color), silicon dioxide, dicalcium phosphate, ascorbic acid.

Made in a facility that processes wheat, crustaceans, shellfish, eggs, fish, peanuts, soybeans, milk, and tree nuts.

Keep in a cool, dry place.

Distributed by
Arbonne International, LLC
9400 Jeronimo Road, Irvine, CA 92618 USA
1.800.272.6663

Manufactured in USA from imported materials.

