**RELOAD Recovery Matrix**

**Rapid Recovery Growth Formula**

**Support Muscle Recovery**

**Suggested Use:**

RELOAD® was developed to address the time after post-workout supplementation and in between meals to boost muscle recovery, reduce exercise-induced muscle damage and support muscle growth and repair.

As a dietary supplement, mix 1 scoop of RELOAD into 8-12 ounces of water. Vary the amount of water to achieve your desired flavor level. For maximum results, RELOAD should be taken on training and non-training days as follows:

**On training days:**
- Take RELOAD once daily. If training in the morning, take 1 serving between meals late in the afternoon or evening. If training in the evening, take 1 serving early in the day.

**On non-training days:**
- Take one serving 1-2 times daily between meals.

**Stacks well with NutraBio’s PRE and INTRA BLAST:**
- On training days, take PRE 30 minutes prior to training, sip INTRA BLAST throughout training and take RELOAD as directed.

**Vegetarian | Gluten Free | Non-GMO**

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**Supplement Facts**

**Serving size:** 1 scoop (28.04 grams)

**Servings per container:** 30

**Amount Per Serving**

- **Calcium:** 60mg (6% DV)
- **Phosphorus:** 81mg (8% DV)
- **Magnesium (Creatine MagnaPower®):** 40mg (10% DV)
- **Sodium:** 50mg (2% DV)
- **Potassium:** 45mg (1% DV)

**Anabolic Growth BCAAs (8g)**
- **L-Leucine:** 4g (†)
- **L-Isoleucine:** 2g (†)
- **L-Valine:** 2g (†) (naturally fermented – vegan)

**Muscle Recovery Accelerator (7.5g)**
- **L-Glutamine:** 5g (†) (Kyowa Quality™)
- **L-Carnitine L-Tartrate:** 1.5g (†) (PharmaPure™)
- **Ornithine Alpha-Ketoglutarate:** 500mg (†) (okg 2:1 reacted)
- **Glycine:** 500mg (†)

**Strength & Endurance Matrix (7.1g)**
- **Betaine Anhydrous:** 2.5g (†) (trimethylglycine, HPLC)
- **PharmaPure™ Creatine Monohydrate:** 2.5g (†) (micronized, HPLC)
- **CarnoSyn® Beta-Alanine:** 1.6g (†)
- **Creatine MagnaPower®:** 500mg (†) (Magnesium Creatine Chelate)

**Electrolyte & Rehydration Optimizer (1.94g)**
- **Taurine:** 1.5g (†)
- **Calcium Phosphate:** 176mg (†)
- **Sodium Phosphate:** 157mg (†)
- **Potassium Phosphate:** 102mg (†)

**THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED DURING THE SHIPPING AND HANDLING. STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED (MAY SETTLE TO THE BOTTOM DURING SHIPPING.)**

**‡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.**