



1 serving



8-12 oz.



anytime

**Suggested Use:** NutraBio RELOAD Recovery Matrix 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.†

**VEGAN | GLUTEN FREE | BSE/TSE FREE | NON-GMO**

**Warning:** KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Consult with your health care practitioner before using this product.



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**NUTRABIO®**

CLINICALLY DOSED

# RELOAD RECOVERY MATRIX

**RAPID RECOVERY GROWTH FORMULA†**

**OPTIMIZE WORKOUT GAINS† | ACCELERATE MUSCLE RECOVERY† | MAXIMIZE MUSCLE GROWTH†**

**ORANGE MANGO**

Natural & Artificial Flavoring  
Dietary Supplement  
Net Wt. 1.8lb (814g)



**21G**  
AMINO ACIDS

**8G**  
BCAAs

**5G**  
GLUTAMINE

**3G**  
CREATINE



## Supplement Facts

Serving size: 1 scoop (27.12 grams)  
Servings per container: 30

	Amount Per Serving	% DV
Vitamin C	250mg	420%*
Thiamine Mononitrate (B1)	1mg	70%*
Niacin (B3)	15mg	75%*
Pyridoxine HCl (B6)	15mg	750%*
Folic Acid	200mcg	50%*
Biotin	200mcg	70%*
Pantothenic Acid (B5)	5mg	50%*
Calcium	60mg	6%*
Phosphorus	81mg	8%*
Magnesium (Creatine MagnaPower®)	40mg	10%*
Sodium	50mg	2%*
Potassium	45mg	1%*

### Anabolic Growth BCAAs (8g)

L-Leucine (naturally fermented - vegan) 4g †  
L-Isoleucine (naturally fermented - vegan) 2g †  
L-Valine (naturally fermented - vegan) 2g †

### Muscle Recovery Accelerator (7.5g)

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

### Strength & Endurance Matrix (8.2g)

Betaine Anhydrous (trimethylglycine, HPLC) 2.5g †  
PharmaPure™ Creatine Monohydrate (micronized, HPLC) 2.5g †  
CarnoSyn® Beta-Alanine 1.6g †  
DL Malic Acid 1.1g †  
Creatine MagnaPower® (Magnesium Creatine Chelate) 500mg †

### Electrolyte & Rehydration Optimizer (1.9g)

Taurine 1.5g †  
Calcium Phosphate 176mg †  
Sodium Phosphate 157mg †  
Potassium Phosphate 102mg †

\* Percent Daily Values (DV) are based on a 2,000-calorie diet.

† Daily value (DV) not established.

Other Ingredients: Flavoring (natural & artificial flavors 950mg, sucralose 140mg, acesulfame potassium 30mg), beta-carotene (color) 40mg, annatto powder (color) 7mg.

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.

MANUFACTURED IN OUR  
**GMP & FDA**  
INSPECTED FACILITY  
FDA Registration: 16906175560



**MADE IN USA**  
— WITH INGREDIENTS —  
SOURCED WORLDWIDE



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**FULL LABEL DISCLOSURE**

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

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