

dotFIT Recover&Build



SUPPLEMENT FACTS

Serving Size: 8 Tablets
Servings Per Container: 20

Amount Per Serving	% Daily Value
L-Leucine	5600 mg **
L-Isoleucine	1920 mg **
L-Valine	1920 mg **

** % Daily Value not established.

Who is this for?

- Anyone not using AminoXXXL and looking for support in recovery and growth from their training program. The branched chain amino acids (BCAAs) in this product have been shown to trigger muscle protein synthesis and may offset the effects of calorie restriction on muscle protein breakdown.
- Potentially assists endurance athletes in delaying fatigue.

What makes this product unique?

- It contains the 5600 mg per serving of the key essential amino acid, leucine, which turns on muscle protein synthesis.
- Recover&Build utilizes a unique “swell & release” delivery system that allows the nutrients to be delivered as fast as possible

How should I take this?

- Take 8 tablets 20-30 mins before exercise. **Optimal dose:** if over 175 lbs., take 8 tablets 20-30 minutes before workout and 2-4 tablets during activity (roughly midpoint)