

## Recover&Build™

### Purpose & Rationale

The purpose of this product is to supply the branched chain amino acids (BCAAs) valine, isoleucine and, most importantly, leucine at specific times and in amounts consistent with clinical trials that demonstrate the ability of BCAA supplementation to reduce muscle damage, soreness and potentially enhance recovery and muscle protein synthesis (MPS) initiated from exercise. BCAA supplementation may be especially useful during prolonged energy restriction, continuous high-intensity activity, extended exercise bouts or any combination of these conditions. Proper dosing supplies a low-calorie, isolated group of amino acids with a high affinity towards peripheral tissues (skeletal muscles) rather than liver metabolism, which happens to most other amino acids involved in MPS. The BCAAs are metabolized to become available for protein synthesis and energy production. Therefore, during exercise, appropriate supplementation may increase BCAAs in the body's "amino acid pool" to spare endogenous BCAA stores from catabolism (reduce muscle breakdown), delay fatigue and help supply additional substrate for MPS and energy.

### Typical Use

- Athletes and exercisers of any fitness level, during intense or excessive training bouts to decrease muscle breakdown and enhance recovery, and not using AminoBoostXXL (AB).
- Anyone attempting body-fat reduction while maintaining or increasing lean body mass and not using AB.
- For intermittent activity (most team sports >1.5 hours, including combined intermittent aerobic and anaerobic activity, such as football, soccer, basketball, baseball, rugby and hockey) and strenuous endurance exercise for reducing fatigue factors (rates of perceived exertion and mental fatigue).

- Minimum dose: Take 8 tablets 20-30 minutes before workout.
- If over 175 lbs, take 8 tablets 20 -30 minutes before workout and 2-4 tablets during activity (~midpoint).

### Unique Features

- Contains leucine, isoleucine and valine in a ratio and potency supported by clinical evidence.
- Manufactured in a regularly inspected NSF certified facility in compliance with Good Manufacturing Practices (GMPs) and third-party tested exclusively for dotFIT.

### Contraindications

BCAAs are contraindicated for those with the hereditary disorder maple syrup urine disease.<sup>276</sup> This product, as with any protein or creatine-containing supplement, is contraindicated for users with kidney or liver disease.<sup>277</sup> Recover&Build is also contraindicated for pregnant or lactating females because it has not been tested in these groups and because protein can be adequately supplied by the diet for fetal growth or lactation needs.

## 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.