

# dotFIT Recover&Build



## Supplement Facts

Serving Size: 5 Tablets  
Servings Per Container: 20

	Amount Per Serving	% Daily Value
L-Leucine	3,835 mg	*
L-Isoleucine	600 mg	*
L-Valine	600 mg	*

\* % Daily Value not established.

### Who is this for?

- Anyone not using AminoBoostXXL 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 3,835 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?

- Minimum dose: Take five (5) tablets 30-45 minutes before exercise.
- Optimal dose and for those over 200 lbs, take eight (8) tablets 30-45 minutes before exercise.

