

MÖDERE® FACT SHEET

FITNESS COMBO RUSH & RECOVER

Health & Wellness | Active Health

Product Description

The Modere Fitness Combo features Rush and Recover, the revolutionary pre- and post-workout duo that gets you in the zone, boosts your performance and maximizes your results. Rush is a science-driven pre-workout that pairs a boost of clean energy with cutting-edge ingredients like calcium HMB to optimize your athletic performance, protect your muscles during exercise and help you push harder. Recover is a unique post-workout, providing a blend of minerals, phytonutrients and essential electrolytes that reduce muscle soreness, support lean muscle formation and help you stay hydrated.*

Product Benefits

Rush

- Boosts athletic performance*
- Gets you in the zone and makes exercise feel easier*
- Enhances blood flow so you can push harder and get fit faster*
- Protects muscles from protein breakdown during exercise*
- Enhances natural energy production*
- Sugar-free, gluten-free, dairy-free, non-GMO, vegan, keto-friendly

Recover

- Bolsters rehydration to fight muscle cramping and fatigue*
- Speeds recovery and supports lean muscle gain*
- Reduces lactic acid buildup and muscle soreness after exercise*
- Helps you bounce back more quickly*
- Maximizes the results of your workouts*

Positioning Statement

New year, new you. How many times have you made a commitment to live a more active, healthy lifestyle? You start out strong, but over time you just seem to get off track. You're not alone. The hectic pace of life can make it challenging to find the daily energy you need to exercise while overcoming muscle soreness. That's why Modere has incorporated the science of exercise psychology and physiology to create the leading-edge pre- and post-workout formulas Rush and Recover.

Rush provides clean energy derived from green tea, so you feel not only invigorated, but totally in the zone to work out. It also features a game-changing ingredient called calcium HMB, which is 20x more potent than leucine at protecting your muscles against protein breakdown during exercise. And along with beetroot juice, beta-alanine and creatine citrate, Rush can boost your athletic performance and help you get toned and gain strength more quickly.*



Key Ingredients

Rush

- Calcium HMB
- Creatine
- Beta-alanine
- L-glutamine
- Beetroot juice

Recover

- Astaxanthin
- L-glutamine
- Sour cherry
- Indian frankincense
- Coconut water

Rush

Supplement Facts		
Serving Size 1 Packet (9 g)		
Servings Per Container 20		
Amount Per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	2 g	1%*
Total Sugars	0 g	†
Vitamin D3 (as cholecalciferol from lichen extract)	5 mcg	25%
Thiamin (as thiamine mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	5 mg	31%
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	59%
Vitamin B12 (as cyanocobalamin)	15 mcg	625%
Pantothenic Acid (as D-calcium pantothenate)	20 mg	400%
Calcium	200 mg	15%
Magnesium (as magnesium carbonate)	100 mg	24%
Proprietary Blend	6.8 g	†
Creatine Citrate, Calcium Beta-Hydroxy-Beta-Methylbutyrate (HMB), L-Glutamine, CarnoSyn® Beta-Alanine, Beet Root Juice Concentrate, Inositol, Betaine, L-Aspartic Acid, Caffeine from Green Tea Leaf Extract		
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

OTHER INGREDIENTS: Natural flavors, citric acid, microcrystalline cellulose, malic acid, rebaudioside A, silicon dioxide.

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*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.

But that leaves another common workout challenge. When you start a new regimen or really push yourself, exercise puts stress on your body. It can leave you feeling stiff and sore, and that can make you skip a few days or even give up altogether. Modere Recover was developed to reduce next-day muscle soreness, speed your post-workout recovery, promote lean muscle formation and boost hydration.*

Recover is scientifically formulated with sour cherry, Indian frankincense and the powerhouse carotenoid astaxanthin, which have been shown to decrease muscle soreness. Plus, our clinically backed blend of minerals and phytonutrients — including coconut water and essential electrolytes — help you rehydrate, fight muscle cramping and combat fatigue. The result? Instead of feeling wiped out after exercise, you feel invigorated and ready for the rest of the day.*

Don't let low energy, muscle soreness, and fatigue hold you back from being as active as you want to be. Use the Fitness Combo to bust through these common barriers and get more from your workout.*

Directions/Usage

Rush: Mix 1 packet in 8-12 fl oz of cold water. Take 15-30 minutes before working out.

Recover: Mix 1 packet in 12-16 fl oz of cold water. Take after working out.

Recover

Supplement Facts		
Serving Size 1 Packet (7.5 g)		
Servings Per Container 20		
Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	2 g	1%*
Total Sugars	0 g	†
Magnesium (as magnesium carbonate)	100 mg	24%
Sodium	25 mg	1%
Proprietary Blend	4.7 g	†
L-Glutamine, Coconut Water Endosperm Concentrate, Montmorency Sour Cherry Fruit Juice Concentrate, Indian Frankincense Gum Resin Extract, Astaxanthin, Sodium Chloride		
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established.		

OTHER INGREDIENTS: Natural flavors, rebaudioside A, silicon dioxide, citric acid, malic acid.

CONTAINS: coconut.

DIRECTIONS: Mix 1 packet in 12-16 fl oz of cold water. Take after working out.

CAUTION: Consult your health care provider prior to use if you are nursing or pregnant, have a medical condition, or when taking any medication.
KEEP OUT OF REACH OF CHILDREN.

STORAGE: Store in a cool, dry place.

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