

MÖDERE® FACT SHEET

RECOVER

Health & Wellness | Active Health

Product Description

Modere Recover is an advanced post-workout formula that gives you the support you need after exercise to reduce muscle soreness, recover faster and build more lean muscle. It features a scientifically formulated blend of minerals and phytonutrients, including astaxanthin, l-glutamine, sour cherry, Indian frankincense, coconut water and essential electrolytes, so you can stay hydrated, fight muscle cramping and feel ready for the rest of your day.*

Product Benefits

- 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*
- Sugar-free, gluten-free, dairy-free, non-GMO, vegan, keto-friendly

Positioning Statement

As crucial to your health as exercise is, it can also be hard on your body. When you start a new regimen or really push yourself 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.*

Most post-workout formulas are geared for bodybuilders, relying on protein and BCAAs, but Modere has taken a progressive approach, developing Recover for people like you.

Recover is scientifically formulated with sour cherry, Indian frankincense and the powerhouse carotenoid astaxanthin, which have been shown to decrease muscle soreness, in addition to our scientifically-backed blend of minerals, and phytonutrients including coconut water and essential electrolytes to 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. You'll bounce back quicker, stay hydrated and reap greater benefits from your exercise.*

And to take your results to the next level, use Modere Rush before any physical activity. It gets you in the zone with clean energy, boosts athletic performance and protects your muscles during exercise. Order Rush and Recover now for a better workout and a better recovery.*

Directions/Usage

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



Key Ingredients

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

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.

*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.

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