

Nutritional Information

Recover Ingredients

Rooibos Tea (1060mg)

Reduces harmful inflammation and lowers stress hormone levels.

Ashwagandha (120mg)

Improves muscle growth and reduces harmful inflammation.

Hibiscus

Traditionally used for its antimicrobial + soothing properties. Reduces harmful inflammation.

Ginkgo Biloba

Increases antioxidant activity and reduces harmful inflammation.

Per Serving

Caffeine	0mg	Carbohydrates	<0.5g
Calories	0kcal	Protein	<0.5g
Fat	<0.5g	Salt	<0.01g