

TRME™ GO RECOVERY+

Discover the plus factor of TRMe GO. Whether you enjoy spending time at the gym or want more energy for your daily walks, our overachieving formulas are made to help boost what you can do. More fitness to more fun. More results to more enjoyment. Specialized benefits help you feel amazing as you get the most out of your exercise. TRMe GO—the right fit for your fitness goals.



MEET RECOVERY+

Want to leave each workout feeling your best and ready for what comes next? Bounce back from any exercise excited for the rest of your day, and your next workout tomorrow, with TRMe GO Recovery+.* Our clean, premium post-workout formula is the perfect blend of complete recovery nutrients to help you keep your energy up and your motivation burning for any level of physical exertion.* Unlock your post-workout plus factor with a scoop of TRMe GO Recovery+ and support recovery from exercise, critical joint health, important hydration, and a healthy immune system.*

WHY YOU'LL LOVE IT

- Supports recovery from exercise.*
- Supports joint health.*
- Supports joint recovery after exercise.*
- Supports your efforts to repair muscle when combined with protein.*
- Provides electrolytes for proper body function.*
- Helps restore energy levels after exercise.*
- Supports immune health.*
- Made using our 6S Quality Process to maintain the highest quality, efficacy, and safety standards through each and every stage of development and manufacturing.

WHAT POWERS IT

- **GO Recovery Blend + Fast-Acting Carbs**—this unique, vegetarian-friendly blend of glucosamine and special balanced-release, low-glycemic carbs supports joint health and recovery from exercise. Additional fast-acting carbs further support recovery and help restore glycogen levels after exercise.

- **Key Electrolytes (Sodium, Chloride, Potassium, Calcium, Magnesium)**—help your body maintain proper function and stay effectively hydrated.
- **Vitamins C, D₃, and E**—important nutrients that support multiple benefits, from exercise recovery and overall wellbeing to joint and immune health.

HOW TO USE IT

Mix one level scoop of powder with eight ounces (237 mL) of cold water or your favorite beverage. Or you can mix one scoop into your TRMe GO Protein+ drink for a tasty combined experience. Take within 30 minutes after exercise.

TRY THESE WITH IT

- TRMe GO PreWorkout+
- TRMe GO Protein+
- ageLOC® R2
- LifePak®
- OverDrive®
- CordyMax CS-4®

LEARN MORE ABOUT IT

How does TRMe GO Recovery+ support joint health?

Recovery+ provides dual-action support for joint health through two mechanisms. First, Recovery+ is formulated with an effective dose of vegetarian glucosamine to support joint health and exercise recovery.* Glucosamine is a building block of cartilage and helps protect it. Second, Recovery+ features Vitamins C and E. These two antioxidants help counteract the oxidative stress that exercise can cause in your joints and support a healthy inflammatory response to this stress.*

* 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.

TRME® GO RECOVERY+

How does TRMe GO Recovery+ support recovery from exercise?

As you exercise, your body first burns immediate sources of energy and then eventually uses longer-term energy storage called glycogen in tissues like muscle. As glycogen levels decline, you can feel more sluggish. Recovery+ helps refill this longer-term energy storage via carbs, so you don't feel as tired after exercise.* Carbohydrates, when combined with protein, also aid in muscle repair by increasing muscle protein synthesis.*

Why does TRMe GO Recovery+ include electrolytes?

We included the electrolytes Sodium, Chloride, Potassium, Calcium, and Magnesium in Recovery+ because you lose these nutrients through sweat. Staying hydrated and replacing any lost nutrients are important parts of feeling great after you exercise.

How does TRMe GO Recovery+ support immune health?

Recovery+ supports a healthy immune system primarily thanks to Vitamins C, D3, and E. These three essential nutrients each play a unique role in protecting cellular functions and responses related to immune health.*

How often should I take TRMe GO Recovery+?

Recovery+ can be taken up to once a day after exercise.

How does TRMe GO Recovery+ support Nu Skin's commitment to sustainability?

As responsible stewards of our planet, we have proudly designed our TRMe GO Recovery+ packaging with 27% recycled material. By purchasing TRMe GO Recovery+, you're joining us in taking an active, engaged stride to ensure the future is bright for both the planet and each of us. Please visit www.nuskin.com/sustainability for more information and details on how to recycle.

THE SCIENCE THAT SUPPORTS IT

1. König, D., D. Zdzieblik, A. Holz, S. Theis and A. Gollhofer (2016). "Substrate Utilization and Cycling Performance Following Palatinose Ingestion: A Randomized, Double-Blind, Controlled Trial." *Nutrients* 8(7).
2. Neubauer, O. and C. Yfanti (2015). *Antioxidants in Athlete's Basic Nutrition: Considerations towards a Guideline for the Intake of Vitamin C and Vitamin E. Antioxidants in Sport Nutrition*. M. Lamprecht. Boca Raton (FL).
3. Shuler, F. D., M. K. Wingate, G. H. Moore and C. Giangarra (2012). "Sports health benefits of vitamin D." *Sports Health* 4(6): 496–501.

4. Tsuruta, A., T. Horiike, M. Yoshimura and I. Nagaoka (2018). "Evaluation of the effect of the administration of a glucosamine containing supplement on biomarkers for cartilage metabolism in soccer players: A randomized double-blind placebo-controlled study." *Mol Med Rep* 18(4): 3941–3.

WHAT'S IN IT

Supplement Facts

Serving Size: 1 Scoop

Servings Per Container: 20

	Per Amount Serving	%DV
Calories	80	
Total Carbohydrates	21 g	8%*
Total Sugars	10 g	
Vitamin C	200 mg	222%
Vitamin D ₃	25 mcg	125%
Vitamin E	30 mcg	200%
Calcium	51 mg	4%
Phosphorous	43 mg	3%
Magnesium	26 mg	6%
Chloride	154 mg	7%
Sodium	105 mg	5%
Potassium	98 mg	2%
GO Recovery Blend	11.5 g	**
Isomaltulose, Glucosamine HCl		

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

INGREDIENTS

Corn Starch, Natural Flavors (Vanilla Custard, Vanilla, Burnt Sugar), Calcium Ascorbate, Sodium Chloride, Potassium Phosphate, Magnesium Citrate, Calcium Potassium Phosphate Citrate, Stevia Rebaudioside A (from Stevia Rebaudiana Leaf Extract), Gum (Guar, Acacia, Xanthan), Vitamin E (d-alpha tocopherol acetate), Vitamin D₃ (Cholecalciferol).

WARNINGS

Keep out of reach of children. Consult a physician prior to using this product if you are pregnant, lactating, or have a known medical condition. Do not use if safety seal is broken or missing. Discontinue use and consult a physician if any adverse reactions occur.

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