



Post-Workout Recovery Vanilla

NUTRITION FACTS	
Serving Size: Two level scoops (2.1 oz / 60g) (makes 10 fl oz prepared) Servings Per Container: 25	
Amount Per Serving	
Calories 220	Calories from Fat 25
	% DV*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 350mg	10%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 12g	
Vitamin A 20%	Vitamin C 200%
Calcium 45%	Iron 10%
Vitamin D 15%	Vitamin E 35%
Thiamine 100%	Riboflavin 100%
Niacin 100%	Vitamin B-6 100%
Folic acid 25%	Vitamin B-12 1,670%
Biotin 25%	Pantothenic acid 200%
Phosphorus 30%	Iodine 15%
Magnesium 40%	Zinc 35%
Selenium 35%	Copper 25%
Manganese 100%	Chromium 70%
Molybdenum 35%	
*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300mg 375mg
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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INGREDIENTS: MALTODEXTRIN, FRUCTOSE, SOY PROTEIN POWDER, MODIFIED CASEIN, MYOFORCE™ (CREATINE MONOHYDRATE, CREATINE PHOSPHATE), CANOLA OIL, NATURAL AND ARTIFICIAL FLAVORS, PURIFIED CELLULOSE, POTASSIUM CITRATE, SOY LECITHIN, DICALCIUM PHOSPHATE, CALCIUM CARBONATE, MEDIUM-CHAIN TRIGLYCERIDES, MAGNESIUM OXIDE, DL-METHIONINE, DIPOTASSIUM PHOSPHATE, L-LEUCINE, SILICON DIOXIDE, ASCORBIC ACID, XANTHAN GUM, CITRUS PECTIN, L-VALINE, L-ISOLEUCINE, INOSINE, RICE SYRUP SOLIDS, FRUCTOOLIGOSACCHARIDES, ELEUTHERO ROOT, INOSITOL, ZINC GLUCONATE, L-CARNITINE, CALCIUM PANTOTHENATE, NIACINAMIDE, VITAMIN E SUCCINATE, BETA-CAROTENE, MANGANESE SULFATE, FERROUS FUMARATE, SELENOMETHIONINE, CALCIUM BORATE, COPPER GLUCONATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE, VANADYL SULFATE, CHROMIUM POLYNICOTINATE, CHOLECALCIFEROL, PAPAN, BROMELAIN, GAMMA-ORYZANOL, FOLIC ACID, CHOLINE DIHYDROGEN CITRATE, BIOTIN, SODIUM MOLYBDATE, DIBENCOZIDE, CYANOCOBALAMIN, POTASSIUM IODIDE. **CONTAINS SOY AND MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS AND WHEAT-CONTAINING INGREDIENTS.**

Also contains per serving:			
Creatine	2g	Inosine	100mg
Choline	50mcg	Silicon	1mg
Inositol	50mg	DL-Methionine	250mg
Vanadium	200mcg	L-Leucine	200mg
Boron	250mcg	L-Valine	100mg
Gamma-oryzanol	150mcg	L-Isoleucine	100mg
L-Carnitine	25mg		

Directions for Use: Blend, shake or briskly stir the contents of two level scoops into 10 fluid ounces of water or the beverage of your choice.

For short-term recovery, consume within one hour following a workout. For additional benefit, also consume Post-Workout Recovery Drink Mix within one hour before a workout.

Post-Workout Recovery Drink Mix can also be of great benefit for long-term recovery when consumed in the evening.

NUTRITION FACTS

Serving Size: 1 pouch (2.1 oz / 60g)
[makes 10 fl oz prepared]
Serving Per Container: 14

Amount Per Serving

Calories 230 Calories from Fat 25

% DV*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Potassium 390mg **11%**

Total Carbohydrate 38g **13%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 12g

Vitamin A 20% • Vitamin C 200%

Calcium 45% • Iron 10%

Vitamin D 15% • Vitamin E 35%

Thiamine 100% • Riboflavin 100%

Niacin 100% • Vitamin B-6 100%

Folic acid 25% • Vitamin B-12 1,670%

Biotin 25% • Pantothenic acid 200%

Phosphorus 30% • Iodine 15%

Magnesium 40% • Zinc 35%

Selenium 35% • Copper 25%

Manganese 100% • Chromium 70%

Molybdenum 35%

*Percent Daily Values (DV) are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram.

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MALTODEXTRIN, FRUCTOSE, SOY PROTEIN POWDER, MODIFIED CASEIN, COCOA POWDER, MYOFORCE™ (CREATINE MONOHYDRATE, CREATINE PHOSPHATE, ELEUTHERO ROOT), SOY LECITHIN, CANOLA OIL, CALCIUM PHOSPHATE, CAROB POWDER, SALT, MEDIUM-CHAIN TRIGLYCERIDES, MAGNESIUM OXIDE, CALCIUM CARBONATE, DL-METHIONINE, NATURAL AND ARTIFICIAL FLAVORS, L-LEUCINE, POTASSIUM CHLORIDE, SILICON DIOXIDE, GUAR GUM, XANTHAN GUM, ASCORBIC ACID, L-ISOLEUCINE, L-VALINE, INOSINE, RICE SYRUP SOLIDS, FRUCTOOLIGOSACCHARIDES, CITRUS PECTIN, INOSITOL, ZINC GLUCONATE, L-CARNITINE, CALCIUM PANTOTHENATE, NIACINAMIDE, VITAMIN E SUCCINATE, BETA-CAROTENE, MANGANESE SULFATE, FERROUS FUMARATE, SELENOMETHIONINE, CALCIUM BORATE, COPPER GLUCONATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE, VANADYL SULFATE, CHROMIUM POLYNICOTINATE, CHOLECALCIFEROL, PAPAIN, BROMELAIN, GAMMA-ORYZANOL, CHOLINE DIHYDROGEN CITRATE, FOLIC ACID, BIOTIN, SODIUM MOLYBDATE, DIBENCOZIDE, CYANOCOBALAMIN, POTASSIUM IODIDE. **CONTAINS SOY AND MILK-BASED INGREDIENTS. THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT ALSO PROCESSES TREE NUTS, PEANUTS, AND WHEAT-CONTAINING INGREDIENTS.**

Also contains per serving:

Creatine	2g
Choline	50mcg
Inositol	50mg
Vanadium	200mcg
Boron	250mcg
Gamma-oryzanol	150mcg
L-Carnitine	25mg
Inosine	100mg
Silicon	1mg
DL-Methionine	250mg
L-Leucine	200mg
L-Valine	100mg
L-Isoleucine	100mg

Directions: Blend, shake or briskly stir contents of one pouch into 10 fluid ounces of water or the beverage of your choice. For short-term recovery, consume within one hour following a workout. For additional benefit, consume Post-Workout Recovery Sports Drink within one hour before a workout. Post-Workout Recovery Sports Drink can also be of great benefit (for long-term recovery) when consumed in the evening.

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