

S U P P L E M E N T F A C T S

POST-WORKOUT RECOVERY VANILLA



Supplement Facts		
Serving Size: 2 level scoops (2.0 oz/60g) Servings per Container: 25		
	Amount Per Serving	% Daily Value
Calories	220	
Total Fat	3g	4%†
Total Carbohydrate	36g	13%†
Dietary Fiber	1g	4%†
Total Sugars	17g	
Includes 17g Added Sugars		34%†
Protein	12g	
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	120mg	133%
Vitamin D (as cholecalciferol)	1.5mcg	8%
Vitamin E (as vitamin E succinate)	7mg	47%
Thiamine (as thiamine HCL)	1.5mg	125%
Riboflavin	1.7mg	131%
Niacin (as niacinamide)	20mg	125%
Vitamin B ₆ (as pyridoxine HCl)	2mg	118%
Folate	167mcg DFE (100mcg folic acid)	42%
Vitamin B ₁₂ (as cyanocobalamin, co-enzyme dibenzoyl)	100mcg	4,167%
Biotin	75mcg	250%
Pantothenic Acid (as calcium pantothenate)	20mg	400%
Calcium (as calcium phosphate, calcium carbonate)	450mg	35%
Iron (as ferrous fumarate)	1.8mg	10%
Phosphorus	300mg	24%
Iodine (as potassium iodine)	22.5mcg	15%
Magnesium (as magnesium oxide)	160mg	38%
Zinc (as zinc gluconate)	5.3mg	48%
Selenium (as L-selenomethionine)	25mcg	45%
Copper (as copper gluconate)	0.5mg	56%
Manganese (as manganese sulfate)	2mg	87%
Chromium (as chromium polynicotinate)	84mcg	240%
Molybdenum (as sodium molybdate)	26mcg	58%
Sodium	120mg	5%
Potassium	350mg	7%
Creatine Monohydrate	2g	**
DL Methionine	250mg	**
L-Leucine	200mg	**
L-Isoleucine	100mg	**
L-Valine	100mg	**
Inosine	100mg	**
Eleuthero Root (<i>Eleutherococcus senticosus</i>)	50mg	**
Inositol	50mg	**
L-Carnitine	25mg	**
Bromelain	600mcg	**
Papain	600mcg	**
Boron (as calcium borate)	250mcg	**
Vanadium (as vanadium sulfate)	200mcg	**
Gamma Oryzanol	150mcg	**

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

OTHER INGREDIENTS: MALTODEXTRIN, FRUCTOSE, SOY PROTEIN ISOLATE, CASEIN, SUNFLOWER OIL (MALTODEXTRIN, SODIUM CASEINATE, MONO & DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SOY LECITHIN, SODIUM SILICO ALUMINATE, TOCOPHEROLS), CELLULOSE POWDER, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, MEDIUM CHAIN TRIGLYCERIDES, RICE SYRUP, SILICON DIOXIDE, XANTHAN GUM, CITRUS PECTIN, FRUCTOOLIGOSACCHARIDES, CHOLINE CITRATE.

CONTAINS: SOY AND MILK.

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RICHARDSON, TX 75082 • 800-542-4800
FOR MORE INFORMATION VISIT ADVOCARE.COM

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.

STORE AWAY FROM EXCESSIVE HEAT, LIGHT AND HUMIDITY.

CAUTION: CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT. THIS PRODUCT IS NOT INTENDED FOR PREGNANT OR NURSING WOMEN OR ANYONE UNDER 18 YEARS OF AGE.

KEEP OUT OF REACH OF CHILDREN.

NOTE: THIS PRODUCT HAS BEEN FILLED BY WEIGHT, NOT BY VOLUME. CONTENTS MAY HAVE SETTLED DURING SHIPPING.

This online information is correct and accurate at the time of publication. Please consult product labeling for current revision.

S U P P L E M E N T F A C T S

POST-WORKOUT RECOVERY CHOCOLATE



Supplement Facts		
Serving Size: 2 level scoops (2.0 oz/60g) Servings per Container: 25		
	Amount Per Serving	% Daily Value
Calories	230	
Total Fat	3g	4%†
Total Carbohydrate	38g	14%†
Dietary Fiber	3g	11%†
Total Sugars	16g	
Includes 16g Added Sugars		32%†
Protein	12g	
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	120mg	133%
Vitamin D (as cholecalciferol)	1.5mcg	8%
Vitamin E (as vitamin E succinate)	7mg	47%
Thiamine (as thiamine HCL)	1.5mg	125%
Riboflavin	1.7mg	131%
Niacin (as niacinamide)	20mg	125%
Vitamin B ₆ (as pyridoxine HCl)	2mg	118%
Folate	167mcg DFE (100mcg folic acid)	42%
Vitamin B ₁₂ (as cyanocobalamin, co-enzyme dibenzoyl)	100mcg	4,167%
Biotin	75mcg	250%
Pantothenic Acid (as calcium pantothenate)	20mg	400%
Calcium (as calcium phosphate, calcium carbonate)	450mg	35%
Iron (as ferrous fumarate)	1.8mg	10%
Phosphorus	300mg	24%
Iodine (as potassium iodine)	22.5mcg	15%
Magnesium (as magnesium oxide)	160mg	38%
Zinc (as zinc gluconate)	5.3mg	48%
Selenium (as L-selenomethionine)	25mcg	45%
Copper (as copper gluconate)	0.5mg	56%
Manganese (as manganese sulfate)	2mg	87%
Chromium (as chromium polynicotinate)	84mcg	240%
Molybdenum (as sodium molybdate)	26mcg	58%
Sodium	200mg	9%
Potassium	390mg	8%
Creatine Monohydrate	2g	**
DL Methionine	250mg	**
L-Leucine	200mg	**
L-Isoleucine	100mg	**
L-Valine	100mg	**
Inosine	100mg	**
Eleuthero Root (<i>Eleutherococcus senticosus</i>)	50mg	**
Inositol	50mg	**
L-Carnitine	25mg	**
Bromelain	600mcg	**
Papain	600mcg	**
Boron (as calcium borate)	250mcg	**
Vanadium (as vanadium sulfate)	200mcg	**
Gamma Oryzanol	150mcg	**

†Percent Daily values are based on a 2,000 calorie diet.
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OTHER INGREDIENTS: MALTODEXTRIN, FRUCTOSE, SOY PROTEIN ISOLATE, CASEIN, COCOA (PROCESSED WITH ALKALI), SUNFLOWER OIL (MALTODEXTRIN, SODIUM CASEINATE, MONO & DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, SOY LECITHIN, SODIUM SILICO ALUMINATE, TOCOPHEROLS), CAROB POWDER, SOY LECITHIN, MEDIUM CHAIN TRIGLYCERIDES, RICE SYRUP, SILICON DIOXIDE, XANTHAN GUM, NATURAL FLAVORS, FRUCTOOLIGOSACCHARIDES, CITRUS PECTIN, CHOLINE CITRATE.

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