



Post Workout Recovery



OVERVIEW

- Available in Chocolate and Vanilla.
- Offered in pouches and canisters.
- Helps minimize muscle soreness after strenuous activity.
- Supplies essential components for muscle repair to optimize muscle recovery.
- Helps maintain and restore energy supplies during and after physical activity.
- Contains branched-chain amino acids to support muscle recovery, growth and endurance.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

DETAILS

Post-Workout Recovery Sports Drink contains more than 30 vitamins, minerals and other nutrients that support the muscles' metabolic processes in recovery and helps minimize occasional soreness after workouts. Post-Workout Recovery combines the muscle-supporting nutrition used by hundreds of professional and world-class athletes across the United States. Post-Workout Recovery helps enhance physical performance and endurance while supplying essential components for muscle repair and gain during and after physical activity. The unique blend of high-quality protein combined with glucose polymers and other carbohydrates, gives the body energy and structural support. Post-Workout Recovery also contains branched-chain amino acids to support muscle recovery, growth and endurance. Finally, the antioxidants present in this advanced sports drink help the body ward off free radicals that are commonly produced as a result of exercise.

Is this you?

- Someone who wants to minimize the soreness experienced after exercising?
- Someone who is looking for better muscle recovery?
- Someone who wants to enhance your current exercise and/or weightlifting program?
- Someone who wants to gain lean muscle mass?

DIRECTIONS

- For ages 12 and older.
- 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 long-term recovery, consume in the evening.
- For additional benefit, consume Post-Workout Recovery Sports Drink within one hour before a workout.

KEY INGREDIENTS

Soy protein powder, branched-chain amino acids (BCAA), chromium, casein (modified), medium-chain triglycerides, creatine, gamma-oryzanol, vanadium (vanadyl sulfate), calcium, magnesium, zinc, sodium, potassium, eleuthero root, carbohydrates

* **NOTE:** *If you are pregnant or nursing, check with your healthcare professional before taking this product.*

