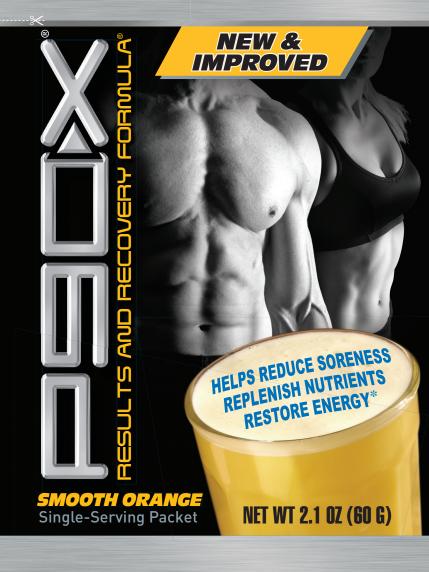
AFTER-WORKOUT DRINK



Nutrition **Facts**

Serving Size: 2.1 oz (60 g) (1 packet) Servings Per Container: 1

Calories 220		Calories from Fat 10					
		Amou	ınt Per Serving	% Daily Value**			
Total Fat		1 g	2%				
Saturated Fa		0.5 g	3%				
Cholesterol		20 mg	7%				
Sodium			150 mg	6%			
Potassium	155 mg		4%				
Total Carbohydrate		40 g		13%			
Dietary Fiber			<1 g	<4%			
Sugars			26 g	†			
Protein		10 g		20%			
Vitamin A	60%	•	Riboflavin	30%			
Vitamin C	750%	•	Niacin	30%			
Calcium	6%	•	Vitamin B6	30%			
Iron	0%	•	Vitamin B12	2 30%			
Vitamin E	500%	•	Phosphorus	9%			
Thiamin	30%	•	Magnesium	60%			
**P							

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

ı	Your daily values may be higher or lower depending on your calorie needs:						
ı		Calories	2,000	2,500			
	Total Fat Saturated Fat Cholesterol Sodium Potassium Total Carbohydrate Dietary Fiber Protein	Less than Less than Less than Less than	65 g 20 g 300 mg 2,400 mg 3,500 mg 300 g 25 g 50 q	80 g 25 g 300 mg 2,400 mg 3,500 mg 375 g 30 g 65 g			
ı	Every serving also co	ry serving also contains:					
	L-Arginine L-Glutamine Creatine	700 mg 500 mg 500 mg					

.-Glutamine Creatine Calories per gram:

Fat q Carbohydrates 4 DIRECTIONS: Add contents of P90X® Results and Recovery Formula® packet to 12 ounces of cold water. Stir or blend until smooth

STORAGE: Store in a cool, dry place.

INGREDIENTS: Dextrose, maltodextrin, whey protein concentrate, natural orange flavors, citric acid, carageenan gum, L-arginine, L-glutamine, creatine monohydrate, tartaric acid, lecithin, magnesium oxide, potassium phosphate, stevia extract, lohan fruit extract

ALLERGEN INFORMATION: Contains milk (as whey) and corn (as maltodextrin).

WARNING: Consult with a healthcare professional before beginning any exercise program or using any supplement or meal replacement program, especially if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who require supervision.

These statements have not been evaluated by the Food and Drug Administration. This oduct is not intend d to diagnose, treat, cure, or prevent any disease.



For best results, consume within 1 hour after your workout.

Protein 4

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