

AFTER-WORKOUT DRINK

NEW & IMPROVED

P90X
RESULTS AND RECOVERY FORMULA

SMOOTH ORANGE
 Single-Serving Packet

**HELPS REDUCE SORENESS
 REPLENISH NUTRIENTS
 RESTORE ENERGY***

NET WT 2.1 OZ (60 G)

Nutrition Facts

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

Calories 220		Calories from Fat 10	
	Amount Per Serving	% Daily Value**	
Total Fat	1 g	2%	
Saturated Fat	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	30%
Vitamin E	500%	•	Phosphorus	9%
Thiamin	30%	•	Magnesium	60%

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

Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Every serving also contains:

L-Arginine	700 mg
L-Glutamine	500 mg
Creatine	500 mg

Calories per gram:

Fat	9	•	Carbohydrates	4	•	Protein	4
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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 product is not intended to diagnose, treat, cure, or prevent any disease.

 **BEACHBODY®**

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

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