

## LivingFuel InSportRecovery™

**LivingFuel InSportRecovery™** is the most advanced, high-performance sports drink mix on earth. From the creators of the revolutionary functional superfoods LivingFuel SuperBerry®, SuperGreens, LivingProtein® and SuperEssentials® Aminos, comes LivingFuel InSportRecovery, designed to FUEL an athlete's every nutritional need for peak performance, endurance, hydration and optimal recovery before, during, and after workouts and competition.

LivingFuel InSportRecovery is one-of-a-kind highly digestible and ultra-fast-acting sports, energy and recovery drink in one. It contains broad-spectrum ultra-pure, ultra-fast-acting carbohydrates including non-corn tapioca maltodextrin, and ultra-fast-acting free-form essential acids with high-leucine Branched Chain Amino Acids, and a full-spectrum mineral, electrolyte mineral and trace mineral complex from natural Krebs Cycle bionutrients. Also included is a broad-spectrum vitamin and antioxidant complex of the highest bioavailability.

FUEL your best performance and your best recovery with LivingFuel InSportRecovery.

Contains **NO** soy, dairy, gluten, artificial colors, artificial sweeteners or artificial flavors

## Directions

**InSport (Before and During Exercise):** For higher intensity workouts, mix 4 scoops with the ideal amount of cool water for the session and begin sipping 15 minutes before the workout. For lower intensity workouts, use 2-3 scoops. For workouts or competition beyond one hour, repeat as needed. Begin drinking 15 minutes before the workout and every 15 minutes thereafter. May consume the entire serving before the workout if desired.

**Recovery (After Exercise):** Within 15 minutes after a high intensity workout, use 4 scoops in 12+ ounces of cool water. After lower intensity workouts, use 2-3 scoops.



Lot #

Best By:

Exclusively Manufactured  
For and Distributed By:  
Living Fuel, Inc.  
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Tampa, FL 33601  
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New from the makers of LivingFuel SuperEssentials® Aminos!

# LIVINGFUEL INSPO RT RECOVERY™

The Ultimate Super Fuel For Sport

## ULTRA PURE MAXIMUM PERFORMANCE FUEL

Certified For Sport

Ultimate Performance, Endurance, Hydration and Recovery FUEL

Ideal Carb/Protein and Carb/Free-Form Essential Amino Acid Ratios

Broad-Spectrum Ultra Fast-Acting Carbs + Egg White Protein

Ultra Fast-Acting Free-Form Essential Amino Acids with Hi-Leucine BCAAs

Broad Spectrum and Performance-Specific Vitamins, Minerals,

Trace Minerals, Antioxidants

Ultra Pure-Highest Bio-Availability

Net Wt. 308g

www.livingfuel.com

Certified



For Sport

## Supplement Facts

Serving Size: 4 level scoops (38.5g)

Servings Per Container: 8

| Amount Per Serving                                               | % Daily Value* |
|------------------------------------------------------------------|----------------|
| <b>Total Calories</b> 110                                        |                |
| <b>Calories From Fat</b> 0                                       |                |
| <b>Total Fat</b> 0g                                              | 0%             |
| Saturated Fat 0g                                                 | 0%             |
| Trans Fat 0g                                                     |                |
| <b>Cholesterol</b> 0g                                            | 0%             |
| <b>Sodium</b> (from all natural sea mineral salts) 114mg         | 5%             |
| <b>Potassium</b> (as Potassium Krebs) 420mg                      | 12%            |
| <b>Total Carbohydrate</b> 22g                                    | 7%             |
| Dietary Fiber 0g                                                 | 0%             |
| Sugars 15g                                                       | +              |
| <b>Protein</b> 5g                                                | 10%            |
| <b>SuperEssentials® Aminos</b> (see below) 5g                    | +              |
| <b>Vitamin C</b> (as calcium, magnesium & zinc ascorbates) 90mg  | 150%           |
| <b>Vitamin D</b> (as cholecalciferol) 400 IU                     | 100%           |
| <b>Vitamin E</b> (as d-alpha-tocopheryl acetate) 10 IU           | 33%            |
| Natural Mixed Tocopherols & Tocotrienols 12.5mg                  | +              |
| <b>Vitamin K</b> (as phytonadione) 50mcg                         | 63%            |
| <b>Thiamin</b> (as Cocarboxylase) 500mcg                         | 33%            |
| <b>Riboflavin</b> (as Riboflavin-5-Phosphate) 500mcg             | 29%            |
| <b>Niacin</b> 5mg                                                | 25%            |
| <b>Vitamin B5</b> (D-Calcium Pantothenate & Pantathine) 30mg     | 300%           |
| <b>Vitamin B6</b> (as Pyridoxal-5-Phosphate) 1mg                 | 50%            |
| <b>Vitamin B12</b> (as Methylcobalamin) 50mcg                    | 833%           |
| <b>Folic Acid</b> (as calcium Folate) 100mcg                     | 25%            |
| <b>Biotin</b> 100mcg                                             | 33%            |
| <b>Choline</b> (as choline bitartrate) 25mg                      | 5%             |
| <b>Calcium</b> (from Calcium Krebs, Ascorbate & Phosphate) 165mg | 17%            |
| <b>Chloride</b> (from all natural sea mineral salts) 175mg       | 5%             |
| <b>Magnesium</b> (from Magnesium Krebs & Ascorbate) 95mg         | 24%            |
| <b>Zinc</b> (as Zinc Krebs & Ascorbate) 5mg                      | 33%            |
| <b>Selenium</b> (as L-selenomethionine) 50mcg                    | 71%            |
| <b>Copper</b> (as Copper Citrate) 100mcg                         | 5%             |
| <b>Manganese</b> (as Manganese Krebs) 500mcg                     | 25%            |
| <b>Chromium</b> (as Chromium Histidinate Arginate) 20mcg         | 17%            |
| <b>Molybdenum</b> (as Molybdenum Krebs) 5mcg                     | 7%             |
| †Daily Value Not Established                                     |                |
| *Percent Daily Values are based on a 2,000 calorie diet          |                |

### Other Ingredients:

Egg White Protein Powder, SuperEssentials® Aminos Proprietary Complex (Creatine-HCL, L-Leucine, L-Lysine Hydrochloride, L-Phenylalanine, L-Valine, L-Isoleucine, L-Threonine, L-Glutamine, L-Arginine, L-Histidine, Glycine, L-Methionine, L-Tryptophan, N-Acetyl-L-Cysteine, L-Glutathione) Orange Juice Powder, Dextrose, Organic Evaporated Cane Sugar, Tapioca Maltodextrin, Organic Cranberry (Freeze-Dried), Fructose, Lemon Juice Powder, D-Ribose, Methylsulfonylmethane (MSM), Beet Root Powder, Stevia (Leaf) Extract, Natural Pomegranate Flavor, Whole Grape Extract, Quercetin, Green Tea (Leaf) Extract (95% Polyphenols), Inositol, CoEnzyme-Q10, Alpha Lipoic Acid, Silica (Horsetail (Stem) Extract)