

THE BIGGER PICTURE OF POST-WORKOUT NUTRITION

If there is a period of time that can make or break a physique – it's the post-workout window. In fact, the sixty minutes immediately following a workout carry such an overwhelming importance that many trainers believe if you're not consuming sufficient nutrients following a workout that your training could be causing more harm than good. After Max® employs a 1:1 ratio of protein to carbs along with creatine monohydrate, glutamine peptides, and digestive enzymes to create a comprehensive post-workout recovery formula. No more "guesstimating" on whether you're getting the nutrients your body needs, just mix up a serving of After Max® and you can rest assured that your post-workout needs are satisfied.

THE BIGGER PICTURE™ WWW.OPTIMUMNUTRITION.COM



DIRECTIONS:
BLENDER: Add three scoops of After Max® to a blender filled with 16 oz. of water, milk, or your favorite beverage. Blend for 15-20 seconds. Then add 3-4 ice cubes and blend for an additional 20 seconds. **SHAKE UP YOUR SHAKE:** By adding a few high-energy ingredients to your shake you can blend up a delicious meal: try adding fresh bananas, peanut butter, flaxseed oil, coconut, slivered almonds, or other ingredients.

SHAKER: Bringing a shaker cup with you to the gym is the best way to get a powerful dose of protein and carbs immediately after your workout. Just add three scoops of After Max® to your shaker cup and then pour in 16 oz. of your preferred beverage. Cover and shake for 25-30 seconds. Don't have a shaker cup? Visit www.optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

SPOON STIRRED: Add three scoops of After Max® to a glass filled with 16 oz. of cold water, milk, or your favorite beverage. Then mix it up with a spoon for about 30 seconds or until powder is completely dissolved.

SUGGESTED USE: Begin drinking After Max® immediately following exercise to support maximum recovery.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. **KEEP OUT OF REACH OF CHILDREN.** CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, OR UNDER 18 YEARS OF AGE.

STORE IN A COOL, DRY PLACE.

PATENTED CREATINE FORMULA

Carefully Manufactured in the  by: 

Sunrise, FL 33325
Consumer Affairs
(630) 236-0097
optimumnutrition.com
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BAR CODE



VANILLA ICE CREAM
Naturally and Artificially Flavored

AFTER MAX®

POST-WORKOUT RECOVERY SUPPLEMENT

40G
WHEY PROTEIN

40G
QUICK CARBS

5G
CREATINE

5G
GLUTAMINE



SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

NET WT. 4.27 lb (1,940 G)

Supplement Facts

Serving Size 3 Scoops (95 g)
Servings Per Container 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	360	Pantothenic Acid	2 mg 20%
Calories from Fat	35	Calcium	330 mg 33%
Total Fat	4 g 6%*	Phosphorus	105 mg 11%
Saturated Fat	2.5 g 13%*	Iodine	21 mcg 14%
Cholesterol	45 mg 15%	Magnesium	61 mg 15%
Total Carbohydrate	40 g 13%*	Chromium	47 mcg 39%
Sugars	4 g †	Chloride	104 mg 3%
Protein	40 g	Sodium	170 mg 7%
Vitamin A	1028 IU 21%	Potassium	208 mg 6%
Vitamin C	24 mg 40%	Creatine Monohydrate	5 g †
Vitamin D	111 IU 28%	L-Glutamine	5 g †
Vitamin E	12 IU 40%	Taurine	1 g †
Riboflavin	0.33 mg 19%	Aminogen®	250 mg †
Niacin	3.9 mg 20%	Carbogen®	250 mg †
Vitamin B6	0.39 mg 20%		
Folic Acid	54 mcg 14%		
Vitamin B12	1.17 mcg 20%		
Biotin	58 mcg 19%		

OTHER INGREDIENTS: Proprietary Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Glutamine Peptides, Hydrolyzed Whey Peptides), Maltodextrin, Natural and Artificial Flavors, Lecithin, Salt, Vitamin/Mineral Blend (Ascorbic Acid, d-alpha Tocopheryl Succinate, Maltodextrin, Nicotinamide, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Chromium Polynicotinate, Riboflavin, Vitamin A Palmitate, Biotin, Folic Acid, Cholecalciferol, Cyanocobalamin), Acesulfame Potassium, Sucralose.

ALLERGEN INFORMATION: CONTAINS MILK, WHEAT (GLUTAMINE PEPTIDES), AND SOY (LECITHIN) INGREDIENTS.

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