

Join the Post-Workout **REBELLION™**

Timing is **CRITICAL!** If you want the full advantages that protein and carbs offer, timing your intake after exercise is extremely important, especially if rapid recovery is your goal. The rate of glycogen refueling, muscle tissue repair, and muscle building can occur in hours not days.

F3™ Nutrition's **REBELLION™** Post-Workout helps an athlete manage their recovery time after surviving the day's competition. **REBELLION™** shake mix was developed in cooperation with top University sports nutrition scientists to select unique ingredients that deliver precise results to enable athletes bodies to recover from strenuous training and competition like never before.*

REBELLION™ Post-Workout provides the body with a specialized blend of nutrients it needs, in a speedy and practical manner, to optimize the recovery processes following each workout session. Recent research has shown that early intake after exercise (within the first hour) of essential amino acids from good quality protein helps to promote the increase in muscle protein rebuilding.* Following your workout, you also want high glycemic index carbs to support restoring glucose levels that may be dropping from a hard exercise session and increase insulin levels to begin muscles healing and growth.*

REBELLION™ provides the optimum formula for protection and enhancement of all athletes.*

Key Benefits of REBELLION™:

- Supports refueling glycogen (carbohydrate) stores.*
- Helps protect from cellular damage.*
- Aid anti-inflammatory properties.*
- Defends against oxidative stress on the muscles.*
- Assists in the manufacture of new muscle protein.*
- Helps reduce Delayed Onset Muscle Soreness (DOMS).*

Key Ingredients of REBELLION™:

- **Anabolic Protein Blend** – Precise balances of Whey Protein Concentrate, Calcium Casseinate, Whey Protein Isolate, and Whey Protein Hydrolysate, D-Aspartic Acid and Leucine to help manufacture new muscle proteins.*
- **Insulinogenic Recovery Blend** – Waxy Maize, Maltodextrin, Dextrose and Fructose for helping to refuel muscle and glycogen stores.*
- **Muscle Protection DOMS Blend** – Creapure® Creatine, HICA, Papain and Bromelain to help protect from muscle soreness.*

* 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.

Item # 10009 • DO NOT PURCHASE IF SEAL IS BROKEN



Fit • Form • Function

REBELLION™

Post-Workout

Supports Recovery*

Refuels Muscle Glycogen*

Helps Reduce Delayed Onset Muscle Soreness*

Chocolate

Dietary Supplement • Net Wt 2.2 lbs (1010 g)

10g

PROTEIN

22g

CARBS

6g

SUGAR

1g

FAT

Supplement Facts

Serving Size: 1 Scoop (40.4 g)

Servings Per Container: 25

Amount Per Serving		% DV
Calories	140	
Calories from Fat	10	
Total Fat	1 g	2%**
Cholesterol	25 mg	8%
Total Carbohydrate	22 g	7%**
Dietary Fiber	1 g	4%**
Sugar	6 g	†
Protein	10 g	20%**
Vitamin C	100 mg	167%
Vitamin D	500 IU	125%
Vitamin E	60 IU	200%
Pantothenic acid	100 mg	1,000%
Sodium	110 mg	5%

Anabolic Protein Blend:	14.5 g	†
Whey protein concentrate, Calcium caseinate, L-Leucine, D-Aspartic acid, Whey protein isolate, Whey protein hydrolysate		
Insulinogenic Recovery Blend:	19 g	†
Maltodextrin, Waxy maize, Dextrose, Fructose		

Muscle Protection DOMs Blend:	1.7 g	†
Creapure® creatine monohydrate, Alpha-hydroxy-leucine-calcium salt (HICA), Papain, Bromelain, D-calcium pantothenate, dl-alpha-tocopheryl acetate, Ascorbic acid, Cholecalciferol		

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

Other Ingredients: Cocoa, Natural flavors, Silica, Salt, Acesulfame potassium and Sucralose.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY

DIRECTIONS: Add 1 rounded scoop to 10-12 fl oz of cold water or non-fat milk and mix until dissolved.

SUGGESTED USE: Consume **REBELLION™** within 1 hour after exercise for optimum results. May also be consumed prior to bed, allowing for a sustained supply of nutrients to your muscles while you sleep.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medications, or have a medical condition.

Store in a cool, dry place.

Creapure® is a trademark of AlzChem Trostberg GmbH.

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