

From the makers of LivingFuel SuperEssentials® Aminos!

LIVINGFUEL INSPORT RECOVERY®

The Ultimate Super Fuel For Sport

ULTRA PURE MAXIMUM PERFORMANCE FUEL

Certified For Sport
Ultimate Performance, Endurance, Hydration and Recovery FUEL
Maximum ATP Enhancement
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. 13.58 oz (385g)

www.livingfuel.com

Certified



For Sport

LivingFuel InSportRecovery®

LivingFuel InSportRecovery® is the most advanced, high-performance super FUEL for sports performance and recovery 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: Egg (egg white powder)

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.



Exclusively Manufactured
For and Distributed By:
Living Fuel, Inc.
P.O. Box 1048
Tampa, FL 33601
866-580-FUEL (3835)
www.livingfuel.com
info@livingfuel.com

Supplement Facts

Serving Size: 4 level scoops (38.5g)
Servings Per Container: 10

	Amount Per Serving	% Daily Value*
Calories	110	6%
Total Carbohydrate	22 g	7%
Sugars	15 g	**
Protein	5 g	10%
Vitamin C (as calcium, magnesium & zinc ascorbates)	90 mg	150%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha-tocopheryl acetate, mixed tocopherols)	10 IU	33%
Vitamin K (as phytonadione)	50 mcg	63%
Thiamin (as thiamine cocarboxylase)	0.5 mg	33%
Riboflavin (as riboflavin-5-phosphate)	0.5 mg	29%
Niacin	5 mg	25%
Vitamin B6 (as Pyridoxal-5-phosphate)	1 mg	50%
Folic Acid (as calcium folinate)	100 mcg	25%
Vitamin B12 (as methylcobalamin)	50 mcg	833%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate, panthethine)	30 mg	300%
Calcium (as ascorbate, phosphate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	165 mg	17%
Magnesium (as ascorbate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	95 mg	24%
Zinc (as ascorbate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	5 mg	33%
Selenium (as L-selenomethionine)	50 mcg	71%
Copper (as copper citrate)	0.1 mg	5%
Manganese (as fumarate, malate, succinate, alpha ketoglutarate, citrate)	0.5 mg	25%
Chromium (as chromium histidinate arginine)	20 mcg	17%
Molybdenum (as fumarate, malate, alpha ketoglutarate, citrate)	5 mcg	7%
Chloride (as sodium chloride)	150 mg	4%
Sodium (as sodium chloride)	210 mg	9%
Potassium (as bicarbonate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	420 mg	12%
SuperEssentials® Aminos Proprietary Complex	6 g	**
Creatine, L-Leucine, L-Lysine HCl, L-Phenylalanine, L-Valine, L-Isoleucine, L-Threonine, Glutamine, L-Arginine, L-Histidine, Glycine, L-Methionine, L-Tryptophan, N-Acetyl-Cysteine, Glutathione		
Methylsulfonylmethane (MSM)	250 mg	**
ElevATP®	150 mg	**
Choline (as choline bitartrate)	25 mg	**
Green Tea (leaf) Extract (9% Polyphenols)	10 mg	**
Inositol	10 mg	**
Quercetin	10 mg	**
Grape Seed, Stem, and Fruit Extract	10 mg	**
Alpha Lipoic Acid	5 mg	**
Coenzyme Q10	5 mg	**
Tocotrienols	2.5 mg	**
Boron (as boron citrate aspartate glycinate)	750 mcg	**
Silica (as Horsetail (stem) Extract)	500 mcg	**
Vanadium (as ascorbate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	10 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet

**Daily Value Not Established

Other Non-GMO Ingredients: egg white powder, orange juice powder, dextrose, organic cane juice powder, tapioca-maltodextrin, cranberry fruit powder, fructose, lemon fruit powder, beet root powder, d-ribose, natural flavors, rebaudioside A (stevia leaf extract)