



**DIRECTIONS:** As a dietary supplement, add one scoop (42.5 g) to 8 fl oz of water or milk (dairy, almond, oat, rice or soy) and mix or shake until smooth. For best results, liquid should be very cold. Mixes instantly without the use of a blender. For EXTREME results, take approximately 30 minutes after workout.

### EXTREME EDGE® POST WORKOUT

is designed to provide your body with the nutrients it needs to maximize muscle growth and development, as well as facilitate rapid muscle repair while lessening recovery time after intense workouts.

This anti-catabolic formula prepares your muscles for optimal growth while at the same time inhibiting muscle breakdown, reducing the onset of muscle soreness, replenishing lost electrolytes, decreasing recovery time, and boosting the body's immune system to counteract transient immune suppression, which is often a result of strenuous exercise. Use it once, and you will never train without it again! ♦

Delivering a unique 3:1 ratio of high-quality protein to complex carbohydrates helps to replenish amino acid and muscle glycogen stores that are necessary for achieving significant increases in muscle size and mass. In fact, every serving contains whey protein isolate (WPI) and whey protein concentrate (WPC), both of which provide essential amino acids and immune-boosting immunoglobulins for optimal performance and recovery. Additionally, WPC provides maximum health-promoting compounds and optimal bioactivity

while WPI yields a more pure protein with higher biological value (159 vs 110-115) that is more rapidly absorbed to elicit a more profound insulin response. ♦

Each scoop also provides branched chain amino acids, L-glutamine, and bromelain from pineapple to aid in muscle recovery, reduced muscle soreness, and additional immune support. Plus, the cellular hydration blend contains necessary electrolytes

### KEY FEATURES

- ✓ Provides 28 g of microfiltered whey protein for optimal recovery and muscle growth
- ✓ Whey protein derived from free-roaming, grass-fed cows not treated with hormones (rBGH) or antibiotics†
- ✓ No creatine
- ✓ Free of artificially-derived colors, flavors, and sweeteners
- ✓ 99% Lactose-Free

[potassium (K+), sodium (Na+), calcium (Ca2+), phosphorus (P), and magnesium (Mg2+)] for peak muscle contraction. In fact, without sufficient levels of these key electrolytes, which often happens during strenuous exercise, muscle weakness or severe muscle cramping and dehydration can occur. ♦

### TYPICAL AMINO ACID/PROTEIN FRACTION PROFILES PER SERVING\*

Values are based on amino acid milligram (mg) percentages per 28 grams of protein in a single 8 fl oz serving of

#### EXTREME EDGE® POST WORKOUT.

| Amino Acid       | % Total Protein* | MG*     | Amino Acid               | % Total Protein* | MG*       |
|------------------|------------------|---------|--------------------------|------------------|-----------|
| Alanine          | 4.9%             | 1381 mg | Threonine                | 6.7%             | 1880 mg   |
| Arginine         | 2.6%             | 737 mg  | Tryptophan               | 1.8%             | 510 mg    |
| Aspartic Acid    | 10.7%            | 3003 mg | Tyrosine                 | 2.9%             | 816 mg    |
| Cystine/Cysteine | 1.9%             | 544 mg  | Valine**                 | 5.6%             | 1589 mg   |
| Glutamic Acid    | 17.3%            | 4870 mg |                          |                  |           |
| Glycine          | 1.8%             | 507 mg  | <b>Protein Fraction</b>  |                  |           |
| Histidine        | 1.8%             | 514 mg  | Beta-Lactoglobulin       | 48%              | 13,440 mg |
| Isoleucine**     | 6.1%             | 1708 mg | Alpha-Lactalbumin        | 19%              | 5320 mg   |
| Leucine**        | 10.6%            | 2995 mg | Immunoglobulin (IgC)     | 5%               | 1400 mg   |
| Lysine           | 9.3%             | 2619 mg | Glycomacropeptides (GmP) | 4%               | 1120 mg   |
| Methionine       | 2.0%             | 570 mg  | Other Fragments/Peptides | 24%              | 6720 mg   |
| Phenylalanine    | 3.2%             | 921 mg  |                          |                  |           |
| Proline          | 6.6%             | 1851 mg |                          |                  |           |
| Serine           | 4.8%             | 1348 mg |                          |                  |           |

\* Values are based on a calculation of 28 grams of whey protein

\*\* Branched Chain Amino Acids

### ADVICE FOR OFF-SEASON BODYBUILDERS & ENDURANCE ATHLETES

Stack one serving of EXTREME EDGE® POST WORKOUT or EXTREME EDGE® WHEY PROTEIN ISOLATE with two servings of EXTREME EDGE® CARBO LOAD. When combined as directed, you will receive the scientifically coveted 3:1 ratio of carbohydrate-to-protein per serving (i.e., 79 or 84 grams of carbohydrate to 26 or 28 grams of protein providing ~425 or ~450 calories, respectively) to replenish glycogen and amino acid stores, as well as electrolytes in the body for faster recovery. ♦



Tested • Certified • Safer™ with NSF Certified for Sport® Product tested for 200+ banned substances Product checked against sports prohibitive lists (NFL, MLB). More info at [www.nsf.org](http://www.nsf.org)

Extreme Edge® is a registered trademark of Bluebonnet Nutrition Corp.

♦ 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.

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE. KEEP OUT OF THE REACH OF CHILDREN.

SERVINGS PER CONTAINER ARE AN APPROXIMATE.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING.



Ajinomoto® is a registered trademark of Ajinomoto AminoScience LLC.

† The Federal Government has determined there is no significant compositional difference in the milk or milk by products from rBST or rBGH treated and untreated cows.

### OTHER PRODUCTS FROM EXTREME EDGE:



**PRE WORKOUT**  
MUSCLE RECHARGING STACK ♦



**CARBO LOAD**  
MUSCLE REPLENISHING & REFUELING STACK ♦



**100% PURE WHEY PROTEIN ISOLATE**  
RAPID MUSCLE REBUILDER & AMINO ACID REPLENISHER ♦

PROFESSIONAL STRENGTH FOR SERIOUS ATHLETES



# POST WORKOUT



**MUSCLE REBUILDING & RECOVERY STACK ♦**

28 GRAMS OF WHEY PROTEIN PER SERVING



NO BANNED SUBSTANCES DETECTED



**VANILLA FLAVOR**



- Fuels Muscle Mass ♦
- Inhibits Muscle Breakdown ♦
- Reduces Muscle Soreness ♦

## Supplement Facts

Serving Size 1 Scoop (42.5 g) Servings Per Container 12

| Amount Per Serving     | %DV*        |
|------------------------|-------------|
| Calories               | 160         |
| Calories from Fat      | 10          |
| Total Fat              | 1 g 2%      |
| Saturated Fat          | <1 g 3%     |
| Cholesterol            | 40 mg 13%   |
| Total Carbohydrate     | 9 g 3%      |
| Dietary Fiber          | 1 g 4%      |
| Sugars                 | 0.5 g       |
| Protein                | 28 g 56%    |
| Calcium (from whey)    | 120 mg† 12% |
| Phosphorus (from whey) | 80 mg† 10%  |
| Magnesium (from whey)  | 15 mg† 6%   |
| Sodium (from whey)     | 115 mg† 7%  |
| Potassium (from whey)  | 240 mg† 9%  |

**Muscle Mass Fuel Stack ♦** 37 g  
(As 3:1 Ratio of Undenatured, rBGH-free, Cross-Flow Microfiltered Whey Protein Isolate and Whey Protein Concentrate, and Complex Carbohydrates with Long Chain Glucose Polymers from Waxy Maize and Maltodextrin)

**Extreme Muscle Repair & Volumizing Stack ♦** 6.5 g  
(As L-Glutamine [Free-Form Amino Acid], BCAAs [From Whey Protein Isolate/Concentrate, and 4:1:1 ratio, L-Leucine, L-Isoleucine and L-Valine] and Bromelain [Pineapple, 600 GDU(g)])

**Cellular Hydration Stack ♦** 570 mg  
(Providing Naturally Occurring Electrolytes [Potassium, Sodium, Calcium, Phosphorus and Magnesium] from Undenatured, rBGH-free Cross-Flow Microfiltered Whey Protein Isolate and Whey Protein Concentrate)

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

**Other Ingredients:** Natural Vanilla Bean Flavor, Non-GMO Sunflower Lecithin, Cellulose, Stevia Extract (Reb A), MCT Oil.

### Contains: Milk

Free of Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat and Soybeans.

Also Free of Yeast, Gluten, Barley and Rice.

**Allergen Warning:** Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT. DO NOT USE FOR WEIGHT REDUCTION.

Manufactured for Bluebonnet Nutrition Corp. 12915 Dairy Ashford, Sugar Land, Texas 77478 USA  
[www.ExtremeEdgeSports.com](http://www.ExtremeEdgeSports.com)



DIETARY SUPPLEMENT NET. WT. 1.12 lbs. (510 g) INSTANTIZED POWDER

BLUEBONNET'S KOF-K CERTIFICATION #K-0000700

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