



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

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

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 [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%	1885 mg
Arginine	2.6%	737 mg	Tryptophan	1.8%	510 mg
Aspartic Acid	10.7%	3033 mg	Valine	2.9%	816 mg
Carnitine	1.9%	544 mg	Valine**	5.6%	1589 mg
Glutamic Acid	17.3%	4870 mg			
Glycine	1.8%	507 mg			
Histidine	1.8%	514 mg			
Isoleucine**	6.1%	1718 mg			
Lactate**	0.6%	169 mg			
Leucine	9.3%	2619 mg			
Methionine	2.0%	570 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 BODY-BUILDERS & ENDURANCE ATHLETES

This formula is meant to be taken by EXTREME pre-contest bodybuilders who want a defined, cut, lean and mean physique. Endurance athletes or off-season bodybuilders who are focused on recovery should STACK 1 scoop of this formula with 2 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., 85 grams of carbohydrate and 28 grams of protein providing ~460 calories) 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

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.

Ajipure® is a registered trademark of Ajinomoto AminoScience LLC.



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.

† 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

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



NO BANNED SUBSTANCES DETECTED



VANILLA FLAVOR

Supplement Facts

Serving Size 1 Scoop (42.5 g) Servings Per Container 24

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† 8%
Magnesium (from whey)	15 mg† 4%
Sodium (from whey)	115 mg† 5%
Potassium (from whey)	240 mg† 7%

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 **
(Supplying 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.

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

Manufactured for: Bluebonnet Nutrition Corp.
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