

**AFTER WORKING OUT, RECOVERY
DOESN'T HAVE TO BE PAINFUL!**

Recover™ Post Workout is designed to repair and feed damaged, hungry muscles immediately after training. Loaded with high quality protein that is easily absorbed. After training your body is like a sponge, nutrients instantly get soaked up by your body for energy replenishment and muscle repair & recovery.[†] The key is making sure they're the right nutrients.

Recover™ delivers a combination of effective proteins along with carbohydrates, Glutamine and BCAA's that quickly creates the optimal environment for muscle growth to occur.[†] Carbohydrates are essential for optimal protein synthesis and growth to occur and should be consumed within 30 minutes of training.[†]

Additional Key Ingredients:

- BCAA's—reduce muscle fatigue, speed recovery, increase protein synthesis.[†]
- L-Glutamine—reduces the breakdown of muscle tissue and improves protein metabolism as well as reducing lactic acid build up.[†]



TAPOUTSN.COM

The Revolution In Nutrition™

We started TapouT® Nutrition to assist and inspire you to reach your training goals. I believe if you use these products, and apply yourself, you will get the results you want and feel great about yourself!

With the right attitude and passion, anything is possible!



Dan Caldwell a.k.a. PunkAss
TapouT LLC, CEO and Co-Founder

[†] 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.

**1 to 1
PROTEIN & CARB
RATIO!**

TAPOUT
SPORTS NUTRITION

**RECOVER
POST WORKOUT**

SUPERIOR MUSCLE NUTRIENTS!†

**REPAIRS MUSCLES†
SPEEDS RECOVERY†
MUSCLE BUILDING BCAA's†**

CHOCOLATE
Natural & Artificial Flavoring

DIETARY SUPPLEMENT **Net Wt. 3.6 lbs (1,584 g)**

**RECOVER™
POST WORKOUT**

Supplement Facts

Serving Size 2 Scoops (66g)

Servings Per Container 24

	Amount Per Serving	% DV*
Calories	257	
Calories from Fat	40	
Total Fat	4.4 g	7%
Saturated Fat	3 g	15%
Trans Fat	0 g	
Cholesterol	53 mg	18%
Sodium	73 mg	3%
Total Carbohydrate	27 g	9%
Dietary Fiber	4	
Sugars	10 g	
Protein	27 g	54%
L-Glutamine	1 g	
L-Leucine	25 mg	
L-Isoleucine	12.5 mg	
L-Valine	12.5 mg	
Calcium	137 mg	14%
Iron	2.5 mg	1.4%

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

INGREDIENTS: Recover™ proprietary blend (consisting of: whey protein concentrate, calcium caseinate, whey protein isolate, L-glutamine, L-leucine, L-isoleucine, L-valine), maltodextrin, cocoa, dextrose, medium-chain triglycerides, natural & artificial flavoring, xanthan gum, carageenan, sucralose, silicon dioxide. Contains milk, egg and soy derivatives.

DIRECTIONS FOR USE:

Mix 2 scoops of Recover™ Post Workout with 12-14oz. of cold water and shake vigorously. Drink within 30 minutes after training.

During a bulking phase, mix 2 scoops with whole milk for an additional 255 calories, 14g protein and 22g carbohydrates.

ALLERGY WARNING:

Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat and crustacean shellfish derivatives.

WARNING: Not intended for use by persons under 18 or those with a medical condition. Consult your physician before using this or any other dietary supplement.

Contents may settle: filled by weight, not by volume.

Manufactured by: ©2009 CHAMPION NUTRITION
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Product Code: TORC2 01-01-08/09



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EC Approved Plant #1051683