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.



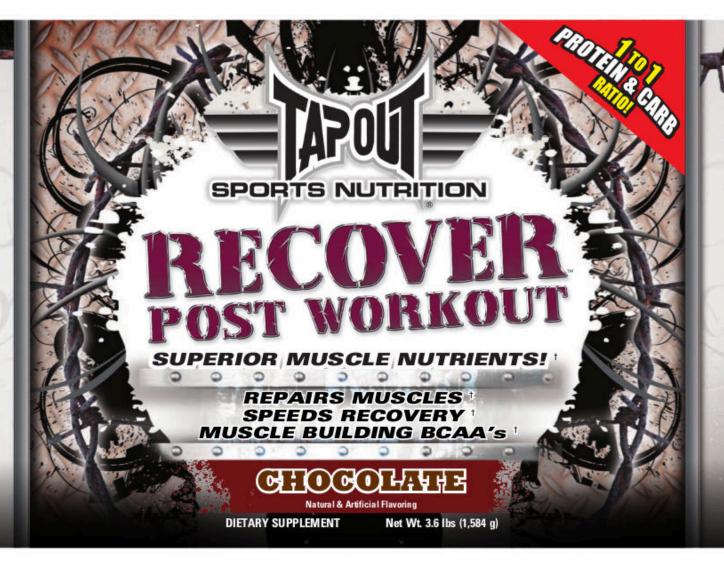
TAPOUTSN.COM

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!

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.



Supplement Facts

Sugars

L-Glutamine

L-Leucine

-Valine

L-Isoleucine

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

Contains milk, egg and soy derivatives.

DIRECTIONS FOR USE: Serving Size 2 Scoops (66g) Servings Per Container 24 Amount Per Serving % DV* Calories 257 Calories from Fat 40 Total Fat 4.40 Saturated Fat 3 0 Trans Fat 0.0 ALLERGY WARNING: Cholesterol 53 mg 73 mg Total Carbohydrate 27 a Dietary Fiber

10 g

1 a

12.5 mg

12.5 mg 137 mg

27 g 54%

2.5 mg 1.4%

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.

Manufactured by: ©2009 CHAMPION NUTRITION 1301 SAWGRASS CORPORATE PARKWAY, SUNRISE, FL 33323 1-800-225-4831 MADE IN USA www.CHAMPIONNUTRITION.com

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.

EEC Approved Plant #1051683

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

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

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

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

Product Code: TORC2 0.1:0.1:08/09