DOMINATE YOUR NEXT PERFORMANCE.

High-quality carbs and protein –
in a 4 to 1 ratio – repair and recover
muscles while 1.5 g of glutamine
and a clinically studied grape
extract fuel your immune system
and provide antioxidant support.*

Climb is the training.
The event.
The recovery.
The journey.

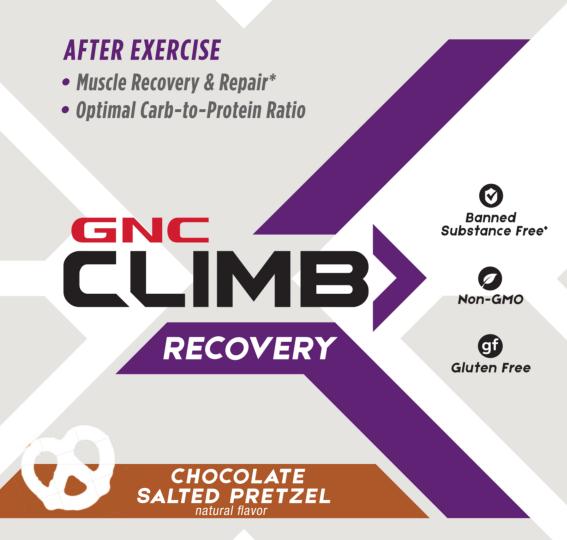
AIM HIGH. CLIMB HIGHER.



KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

For More Information: 1-888-462-2548 GNC.com Distributed by: General Nutrition Corporation Pittsburgh, PA 15222 USA

* 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.



POWDER MIX

DIETARY SUPPLEMENT NET WT 60.85 OZ (3.8 LB) 1725 G CODE 621060

DIRECTIONS: After exercise, add 1 rounded scoop to 6-8 fl. oz. of water or your favorite beverage for recovery and hydration* and mix thoroughly. On non-training days, you may also consume 1 scoop as an additional source of high-quality protein and carbohydrates.

Supplement	Fac	ts
Serving Size One Scoop (57.5 g) Servings Per Container 30		
Amount Per Serving	% Daily	Value
Calories	210	
Total Fat	0.5 g	<1%†
Cholesterol	5 mg	2%
Total Carbohydrate	42 g	15%†
Total Sugars	14 g	*
Includes 12 g Added Sugars		24%†
Protein	10 g	
Vitamin C (as Ascorbic Acid)	55 mg	61%

Amount Per Serving	% Daily	Value
Vitamin E (as d-alpha Tocopherol Acetate) 9 mg	60%
Vitamin B-6 (as Pyridoxine Hydrochloride) 2 mg	118%
Calcium	150 mg	12%
Magnesium	10 mg	2%
Chloride	120 mg	5%
Sodium	130 mg	6%
Potassium (as Potassium Citrate)	230 mg	5%
L-Glutamine	1.5 g	*
PowerGrape® Whole Grape Extract (Vitis vinifera)	400 mg	*
† Percent Daily Values are based on a 2,0 * Daily Value not established.	00 calorie	e diet.
	Vitamin B-6 (as Pyridoxine Hydrochloride Calcium Magnesium Chloride Sodium Potassium (as Potassium Citrate) L-Glutamine PowerGrape® Whole Grape Extract (Vitis vinifera) † Percent Daily Values are based on a 2,0	Vitamin E (as d-alpha Tocopherol Acetate) 9 mg Vitamin B-6 (as Pyridoxine Hydrochloride) 2 mg Calcium 150 mg Magnesium 10 mg Chloride 120 mg Sodium 130 mg Potassium (as Potassium Citrate) 230 mg L-Glutamine 1.5 g PowerGrape® Whole Grape Extract (Vitis vinifera) † Percent Daily Values are based on a 2,000 calorie

ETG

OTHER INGREDIENTS: Maltodextrin, Fructose, Whey Protein Isolate, Micellar Casein, Natural Flavors, Cocoa (Processed with Alkali), Salt, Lecithin, Xanthan Gum.

CONTAINS: Milk.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

NOTICE: Significant product settling may occur.

- ✓ Banned Substance Free*
- ✓ Non-GMO
- ✓ Gluten Free
- ✓ No Artificial Flavors
- ✓ No Artificial Sweeteners
- ✓ No Artificial Colors
- ✓ Porcine Free



Products bearing this logo have been tested for banned substances by LGC Science, Inc., a world-class anti-doping lab. *Product was tested for over 220 banned substances on the 2018 World Anti-Doping Agency (WADA) Prohibited List via LGC skip lot testing protocol #ICP0307. See gnc.com for more information.