

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.

AFTER EXERCISE

- Muscle Recovery & Repair*
- Optimal Carb-to-Protein Ratio



RECOVERY



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.

ETG

Supplement Facts		Amount Per Serving	% Daily Value
Serving Size One Scoop (57.5 g)		Vitamin E (as d-alpha Tocopherol Acetate)	9 mg 60%
Servings Per Container 30		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 2,000 calorie diet.	
		* Daily Value not established.	
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%		

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.