

PERFORMIX® ioWHEY PROTEIN™ POST WORKOUT
POWERS YOUR RECOVERY AND BUILDS STRENGTH
TO HELP YOU KEEP PERFECTING.

io™: INGREDIENT OPTIMIZED®

PERFORMIX® ioWHEY PROTEIN™ POST WORKOUT is powered by io™, Ingredient Optimized™. io™ is a patent-pending process that naturally modifies the molecular structure of ingredients. Through this visionary application, the structure of protein is altered, resulting in increased bioavailability and efficacy, ensuring that you get MORE from less. **PERFORMIX®** is the proprietary provider of io™.

RECOVERY & STRENGTH*

PERFORMIX® ioWHEY PROTEIN™ POST WORKOUT provides 36% increased absorption* because of the increased bioavailability made possible by the io™ process, allowing you to see the same benefits from a 22g serving as you would see from 30g of Standard Whey Protein Isolate.* ioPROTEIN™ has also been proven to provide a 46% improvement in stomach discomfort post-consumption, resulting in a delicious post-workout that improves the poor digestion experience associated with protein and powers your post workout recovery and strength build.*

PERFORMIX® is a fitness movement; a collection of like-minded leaders dedicated to creating a virtuous circle of empowerment, empathy, aspiration and inspiration through fitness. We seek to inspire those who join our movement to believe in a more perfect version of themselves. Whether with our products, PERFORMIX House, or FitOps Foundation, we believe that we are most human and most alive when we are striving for more at the apex of failure and success. We don't accept the norm. We strive to disrupt it.

PRE WORKOUT

DURING WORKOUT

POST WORKOUT

FUEL YOUR WORKOUT WITH THE PERFORMIX® STACK†

PERFORMIX® ION Pre-Workout gives you the energy and focus to perform, **ISO EAA+BCAA During Workout** provides electrolytes for hydration and kick starts your recovery, and **ioWHEY PROTEIN™ Post Workout** supports your recovery and helps to build strength. Combine the power of this pre, during, and post product stack to fuel your workout.*

POST WORKOUT
RECOVERY
ioWHEY™ PROTEIN
STRENGTH

- + 36% INCREASED PROTEIN ABSORPTION*
- + REDUCED STOMACH DISCOMFORT POST-CONSUMPTION*
- + UNRIVALED TASTE

18
SERVINGS

CHOCOLATE BROWNIE

NATURALLY & ARTIFICIALLY FLAVORED
NET WT. 1.13 LBS. (514.8G) | DIETARY SUPPLEMENT

22G
ioPROTEIN®

EQUIVALENT TO
30G
STANDARD WHEY PROTEIN ISOLATE

PERFORMIX

PERFORMIX

UNLOCK YOUR MENTAL AND PHYSICAL BEST
WITH **PERFORMIX®**

Visit performixdriven.com/trainer to learn more and join the movement.



**WHEN YOU BUY PERFORMIX®,
YOU SUPPORT THE FITOPS FOUNDATION**

The FitOps Foundation is the purpose that fuels **PERFORMIX®**. The transition for armed forces members from service into civilian life can sometimes come with a loss of purpose and identity. Fitness and service share the pillars of leadership, physicality and accountability. Having served himself, **PERFORMIX®** CEO Matt Hesse recognized the opportunity to transform the lives of veterans through fitness by certifying them as elite personal trainers, thus helping them find purpose again through meaningful careers in fitness.

If you or someone you know may be a candidate for FitOps or you want to get involved in our mission, please visit FitOps.org.



FIT•OPS
FOUNDATION
POWERED BY
PERFORMIX

SUGGESTED USE: Mix or blend 1 scoop with 8 oz. of cold water, juice or milk. Take daily with breakfast, between meals, and/or after working out to meet your dietary needs. **Please read the entire label before use.**

Nutrition Facts

18 servings per container
Serving Size 1 scoop (28.6g)

Amount Per Serving
Calories 100
% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 2mg	11%
Potassium 210mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: ioWhey Protein™ Isolate, Cocoa Powder, Natural Flavor, Salt (Sodium Chloride), Xanthan Gum, Sunflower Oil Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silicoaluminate, Tocopherols), Sucralose, Acesulfame Potassium.

CONTAINS: Milk, Soy.

Produced in a facility that also uses milk, eggs, fish, shellfish, peanuts, tree nuts, wheat and soy.

Store in a cool, dry place. Please recycle.

*As demonstrated in a study conducted by Lowery et al at the Applied Science and Performance Institute in a blinded cross-over human clinical evaluating blood levels of branched chain amino acids in subjects after consuming standard WPI vs io™ treated WPI

*As demonstrated in an 8-week, blinded human clinical trial evaluating psychometric measures of impact on stomach distress in subjects after consuming 28 grams of standard WPI vs 28 grams of ioProtein™ WPI. Subjects ingesting ioProtein™ reported a 46% reduction in stomach discomfort.



Proudly made in the USA with carefully selected ingredients of international and domestic origin.



†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.