

## SUPPLEMENT FACTS

Serving Size: 2 Scoops (60g) / Servings Per Container: 32

| Calories 208        | Calories from Fat 0 |  | Amount Per Serving | %Daily Value |
|---------------------|---------------------|--|--------------------|--------------|
| Total Fat           |                     |  | 0 g                | 0%           |
| Cholesterol         |                     |  | 0 g                | 0%           |
| Sodium              |                     |  | 180 mg             | 10%          |
| Potassium           |                     |  | 1370 mg            | 40%          |
| Total Carbohydrates |                     |  | 32 g               | 11%          |
| Sugars (unrefined)  |                     |  | 26 g               |              |
| Protein             |                     |  | 20 g               |              |

|                 |      |                  |     |            |     |
|-----------------|------|------------------|-----|------------|-----|
| Vitamin A       | 40%  | Vitamin B6       | 35% | Selenium   | 30% |
| Vitamin C       | 200% | Folic Acid       | 35% | Iron       | 15% |
| Vitamin D       | 35%  | Vitamin B12      | 35% | Magnesium  | 30% |
| Vitamin E       | 40%  | Biotin           | 35% | Zinc       | 30% |
| Thiamin (B1)    | 35%  | Pantothenic Acid | 35% | Copper     | 30% |
| Riboflavin (B2) | 35%  | Calcium          | 30% | Manganese  | 30% |
| Niacin (B3)     | 35%  | Iodine           | 30% | Molybdenum | 30% |

|                                     |        |    |
|-------------------------------------|--------|----|
| L-Glutamine                         | 7.50g  | ** |
| BCAA AKG                            | 2.50g  | ** |
| L-Leucine AKG                       | 1375mg |    |
| L-Valine AKG                        | 625mg  |    |
| L-Isoleucine AKG                    | 625mg  |    |
| L-Taurine                           | 1000mg | ** |
| KreAlkalyn (U.S. Patent# 6,399,661) | 1000mg | ** |
| Cissus Quadrangularis               | 1000mg | ** |
| Phosphatidylserine                  | 800mg  | ** |
| Pomegranate Powder                  | 750mg  | ** |
| R-ALA                               | 100mg  | ** |
| Grape Seed Extract                  | 3mg    | ** |

Kre-Alkalyn® is a Trademark of Bioceutical Research & Development Laboratory (BR&D).

† Percent Daily Values are based on a 2000 calorie diet. \*\* Daily Value Not Established

Other Ingredients: 100% Unrefined Evaporated Cane Juice, Cold Processed Ion Exchange Whey Protein Isolate, D-Glucose Polymers, Natural and Artificial Flavors, Citric Acid, Sucralose.

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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# AFTER GLOW

## POST WORKOUT EUPHORIA™

OVER **10g**  
GLUTAMINE & BCAA  
PER SERVING!

INSTANT TOTAL BODY RECOVERY

**ZERO** REFINED SUGARS

Net Weight 1920g (4.23 lbs)



**BioRhythm**  
ADVANCED DIETARY SUPPLEMENTS

**Directions:** As an adult dietary supplement, take one serving (see chart below) with 12-16oz. of water 15-30 minutes after physical activity. Proceed with a post workout meal within the next 1-3 hours.

|                        |      |         |      |
|------------------------|------|---------|------|
| Body Weight in lbs.    | <140 | 140-239 | 240+ |
| Serving Size in Scoops | 1    | 2       | 2.5  |

**Who should use AfterGlow?** Anyone who participates in resistance or cardio-vascular training to improve physique, health or general well being.\*

**Why AfterGlow?** Fitness professionals agree skipping a meal is the easiest way to lose the gains made while training. Furthermore, dozens of research studies prove that consuming the proper calories in the small window after a training session can improve results, performance, and lean muscle mass measurably and in a short amount of time. Getting the most out of an athlete's most important meal of the day is essential. Remove the guesswork and messy mixtures – simply add AfterGlow.\*

**How does AfterGlow work?** Research studies and field testing all suggest that the post workout meal is the most unique one of the day. The results all recommend high levels of easily absorbed carbohydrates, moderate levels of premium protein and zero fats.

**AfterGlow Puts Research Science On Your Side.** AfterGlow will spike natural insulin production preventing fat storage and preserving muscle fibers with unrefined evaporated cane juice and d-glucose polymers. Muscles will begin their repair immediately with the nitrogen burst whey protein isolate provides. Growth and repair continues while 10 grams of l-glutamine and BCAA AKG quench the body's inner thirst for nutrients. The pure energy source for muscle contraction (ATP) is instantly restored with the patented KreAlkalyn®. Strained muscle fibers and inflamed tendons are aided by the power of ketosteroids within Cissus Quadrangularis. Destructive free radicals and metabolic waste is efficiently eliminated by l-tyrosine, pomegranate concentrate and R-ALA. The catabolic hormone cortisol is all but eradicated by a fitting dose of phosphatidylserine. The result is simply POST WORKOUT EUPHORIA.

**THE CLOCK IS TICKING – MAKE IT COUNT – AFTERGLOW.\***

**WARNING:** Not for use by anyone under 18 years of age. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately. Use only as instructed. Do not exceed recommended dose. Consult a health care professional before using this or any other dietary supplement.

Manufactured for and distributed by: **BioRhythm-ADS**  
1-866-429-2600 [www.biorhythm-ads.com](http://www.biorhythm-ads.com)