

SUPPLEMENT FACTS

Serving Size: 2 Scoops (60g) / Servings Per Container: 16

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.

AFTER GLOW

POST WORKOUT EUPHORIA™

OVER **10g**

GLUTAMINE & BCAA
PER SERVING!

INSTANT TOTAL BODY RECOVERY

ZERO REFINED
SUGARS

Net Weight 960g (2.12lbs)



BioRhythm
ADVANCED DIETARY SUPPLEMENTS

Directions: As an adult dietary supplement, take one serving (see chart) 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-taurine, 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

