

POST-WORKOUT NUTRITION

Extensive scientific research has shown that there is a 60-minute "window of opportunity" immediately following exercise when muscle cells are maximally primed to repair, rebuild, and adapt from a workout. Proper post-workout nutrition is a key factor in how quickly and completely your body will recover and benefit from and adapt to exercise.

P90X® RESULTS AND RECOVERY FORMULA®

This formula was specially designed to provide the precise nutrients you'll need to achieve maximum results from your P90X workouts. No other recovery drink offers this unique mix of:

- SIMPLE AND COMPLEX CARBOHYDRATES FOR OPTIMUM ENERGY RECOVERY AND TO HELP REDUCE MUSCLE SORENESS*
- A HIGH P.E.R.† BLEND OF PROTEINS PROVIDING BUILDING BLOCKS FOR MUSCLE REPAIR AND GROWTH*
- GENEROUS LEVELS OF VITAMINS, INCLUDING THE ANTIOXIDANT VITAMINS C AND E, TO HELP REDUCE MUSCLE SORENESS AND ASSIST IN REPAIR AND GROWTH*
- A SMALL AMOUNT OF CREATINE TO BOOST PERFORMANCE WITHOUT ADDING BULK*

DIRECTIONS: Mix 2 scoops (60 grams) into 12 ounces of cold water. For maximum benefit, consume within 1 hour after your workout.

Taking P90X Results and Recovery Formula within 60 minutes of completing your workout not only delivers the nutrients essential for recovery today, but it sets the stage for a more energized and improved workout tomorrow!

*Protein Efficiency Ratio.

*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.

Extreme Nutrition Support for Men and Women

P90X

RESULTS AND RECOVERY FORMULA®

**NEW &
IMPROVED**

SMOOTH ORANGE
After-Workout Drink

NET WT 52.9 OZ (3 LB 4.9 OZ) (1500 G)

Decide. Commit. Succeed.®

For maximum benefit,
consume within 1 hour after
your workout.

P90X Results and Recovery
Formula will benefit
anyone involved in any
fitness program, and was
created as an integral
part of the comprehensive
P90X® Extreme Home
Fitness System.

If you are a member of the Team
Beachbody® community, contact your
Coach for information and support or
log in at TeamBeachbody.com.

For Beachbody® and Team
Beachbody Customer Service,
please call 1 (800) 818-5174 or go to
Beachbody.com.

Made in USA.



Nutrition Facts

Serving Size: 2 Scoops (60 g)
Servings Per Container: 25

Calories 220	Calories from Fat 10	
	Amount Per Serving	% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Cholesterol	20 mg	7%
Sodium	150 mg	6%
Potassium	155 mg	4%
Total Carbohydrate	40 g	13%
Dietary Fiber	<1 g	<4%
Sugars	26 g	†
Protein	10 g	20%
Vitamin A	60%	• Riboflavin 30%
Vitamin C	750%	• Niacin 30%
Calcium	6%	• Vitamin B6 30%
Iron	0%	• Vitamin B12 30%
Vitamin E	500%	• Phosphorus 6%
Thiamin	30%	• Magnesium 60%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value (DV) not established.

Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium	Less than	3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Every serving also contains:

L-Arginine	700 mg
L-Glutamine	500 mg
Creatine Monohydrate	500 mg

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

ALLERGEN INFORMATION: Contains milk (as whey) and corn (as maltodextrin).

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before beginning any exercise program or using any supplement or meal replacement program, especially if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who require supervision.

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Santa Monica, CA 90404

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