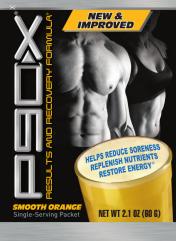
AFTER-WORKOUT DRINK



Nutrition Facts

Servings Per Cor	tainer: 1			
Calories 220	Calories from Fat 10			
		Arnos	unt Per Serving	% Daily Value**
Total Fat		1 g		2%
Saturated	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	1
Protein		10 g		20%
Vitamin A	60%		Riboflavin	30%
Vitamin C	750%		Niacin	30%
Calcium	6%		Vitamin B6	30%
Iron	0%		Vitamin B1	2 30%
Vitamin E	500%		Phosphorus	
Thiamin	30%		Magnesiun	60%

Triamin 30% Magnesium 60%

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

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 a
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		3.500 mg	3,500 mg
Total Carbohydrate		300 g	375 a
Dietary Fiber		25 0	30 g
Protein		50 g	65 g

Every serving also contains: L-Arginine 700 n L-Glutamine 500 n Creatine 500 n

DIRECTIONS: Add contents of P90X®
Results and Recovery Formula® packet to
12 ounces of cold water. Stir or blend until

smooth.

STORAGE: Store in a cool, dry place.

INGREDIENTS: Dextrose, maltodextrin, whey protein concentrate, natural orange flavors, citric acid, carageenan gum, L-arginine, L-glutamine, creatine monohydrate, tartare acid, lecithin, magnesium oxidare, potassium phosphate

stevia extract, Johan fruit extract.

ALLERGEN INFORMATION: Contains milk

WARNING: Consult with a healthcare professional before beginning any exercis 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

* These statements have not been evaluate by the Food and Drug Administration. This product is not intended to diagnose, treat cure, or prevent any disease.

BEACHBOOY

For best results, consume within 1 hour after your workout.