

# RUNNER'S RECOVERY MIX

You've crushed that race or workout and you know you're going to pay for it... not so fast! Runner's Recovery Mix is specially formulated to assist in recovery and help keep your training on track. Featuring carbs, protein, electrolytes, joint support, BCAAs, and more... After just a few uses of Runner's Recovery Mix you'll wonder how you ever got by without it. Running recovery is an area that a lot of runners overlook; but not anymore.

**SUPPORTS RECOVERY** **SUPPORTS STRENGTH** **SUPPORTS IMMUNE HEALTH** **GENTLE ON STOMACH**

## /// CAUTION ///

Not recommended for individuals with allergies to dairy products and should not be used by pregnant or nursing mothers or children under 18 years of age without the advice of a physician. This product is intended to supplement the diet with additional protein and should not be used as a meal replacement. Not for use as part of a weight loss program without the direct supervision of a healthcare professional. Excessive protein intake may result in impaired kidney function. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

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.



Distributed By:  
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**RUNFIT**  
NUTRITION



# RUNNER'S RECOVERY MIX

DIETARY SUPPLEMENT

FORMULATED  
IN THE USA

NET WT. 2 LBS (910 GRAMS)

RECOVERY

- INCLUDES MUSCLE, BONE, & JOINT SUPPORT
- PROTEIN & BCAA'S SUPPORT MUSCLE REPAIR & GROWTH
- REPLACES ELECTROLYTES LOST FROM RUNNING
- CARBOHYDRATES BOOST ENERGY & AID IN RECOVERY



CINNAMON VANILLA  
FLAVOR



## Supplement Facts

Serving Size: 2 scoops (65 grams)  
Servings Per Container: 14

| Amount Per Serving                                                                                                                                                                               | % Daily Value |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Calories                                                                                                                                                                                         | 210           |
| Calories from Fat                                                                                                                                                                                | 25            |
| Total Fat                                                                                                                                                                                        | 2.5 g 3%      |
| Saturated Fat                                                                                                                                                                                    | 1 g 5%        |
| Trans Fat                                                                                                                                                                                        | 0 g *         |
| Cholesterol                                                                                                                                                                                      | 65 mg 22%     |
| Total Carbohydrate                                                                                                                                                                               | 24 g 8%       |
| Dietary Fiber                                                                                                                                                                                    | 1 g 4%        |
| Total Sugars                                                                                                                                                                                     | 3 g *         |
| Including 0g of Added Sugar                                                                                                                                                                      | 0%            |
| Protein                                                                                                                                                                                          | 23 g 46%      |
| Vitamin B-6 (as pyridoxine hydrochloride)                                                                                                                                                        | 25 mg 1471%   |
| Calcium                                                                                                                                                                                          | 177 mg 14%    |
| Magnesium (as magnesium citrate)                                                                                                                                                                 | 6 mg 1%       |
| Zinc (as zinc methionine)                                                                                                                                                                        | 3 mg 27%      |
| Sodium                                                                                                                                                                                           | 75 mg 3%      |
| Potassium                                                                                                                                                                                        | 130 mg 3%     |
| Creatine Monohydrate                                                                                                                                                                             | 5,000 mg *    |
| L-Glutamine                                                                                                                                                                                      | 2,500 mg *    |
| Cinnamon Bark Powder                                                                                                                                                                             | 500 mg *      |
| Glucosamine Hydrochloride                                                                                                                                                                        | 500 mg *      |
| MSM (Methylsulfonylmethane)                                                                                                                                                                      | 500 mg *      |
| <i>Tribulus terrestris</i> (45% extract) (fruit)                                                                                                                                                 | 250 mg *      |
| Tongkat Ali Root Extract<br>( <i>Eurycoma longifolia</i> )                                                                                                                                       | 250 mg *      |
| ProHydrolase®<br>(Protease Enzyme Blend)                                                                                                                                                         | 230 mg *      |
| <i>Rhodiola rosea</i> Root Extract                                                                                                                                                               | 50 mg *       |
| Alpha Lipoic Acid                                                                                                                                                                                | 25 mg *       |
| Essential Fatty Acid Complex                                                                                                                                                                     | 1300 mg *     |
| Consisting of: Alpha-Linolenic Acid (Omega-3) (from Flaxseed), Linoleic Acid (Omega-6) (from Flaxseed), Oleic Acid (Omega-9) (from Flaxseed), Other Fatty Acids & Phytonutrients (from Flaxseed) |               |

† Percent Daily Values based on a 2000 calorie diet.  
\* Daily Value not established.

INGREDIENTS: Whey Protein Concentrate, Maltodextrin, Flaxseed, Natural Flavors, Sunflower Lecithin, Xanthan Gum, and Sucralose.  
ALLERGEN WARNING: CONTAINS MILK.

ProHydrolase® is a registered trademark of Deerland Enzymes, Inc.

SUGGESTED USE:

Two scoops taken daily with water, juice or beverage of choice as a dietary supplement or as directed by a healthcare professional. Best if taken up to one hour after training.

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