

RUNNER'S RECOVERY PROTEIN BLEND

Runner's Recovery Protein Blend combines seven different proteins to fuel your body for a full four hours. Proteins are digested at different rates, so by combining different proteins you enjoy an immediate, medium and extended source of nutrition for your body to use and maximize during the full recovery process. It's rich in BCAAs and Essential Amino Acids and has Digestive Enzymes for maximum protein absorption.

IMMEDIATE RELEASE – Whey Protein Isolate, Whey Concentrate & Glutamine Peptides are absorbed within 30 minutes after you consume them.

MEDIUM RELEASE – Egg Protein and Milk Protein Isolate fuels your body with amino acids for 1½ hours (90 minutes). Egg is considered a perfect protein because it has the highest protein efficiency ratio.

EXTENDED RELEASE – Micellar Casein and Calcium Caseinate take much longer to digest. You get a full 4 hour release of amino acids. This slow-feeds your muscles and is ideal for appetite control.

▼
**AIDS IN
RECOVERY**

▼
**SUPPORTS
STRENGTH**

▼
**DELICIOUS
FLAVOR**

▼
**GENTLE ON
STOMACH**

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:
RUNFIT NUTRITION
PO Box 364,
Germantown WI, 53022
www.runfitnutrition.com

24G PROTEIN

FORMULATED
IN THE USA
**TIME 4^h
RELEASE**

NET WT. 2.9 LBS (1320 GRAMS)

- SEVEN DIFFERENT SOURCES OF PROTEIN INCLUDED
- TIME RELEASE FORMULA FOR MAXIMUM EFFECTIVENESS
- OPTIMAL BALANCE OF BCAA'S & DIGESTIVE ENZYMES
- HELPS SHORTEN RECOVERY TIME & HELPS BUILD STRENGTH

**CHOCOLATE
MILKSHAKE FLAVOR**
NATURAL & ARTIFICIAL FLAVORS



RUNFIT
NUTRITION

RUNNER'S RECOVERY PROTEIN BLEND

DIETARY SUPPLEMENT

Nutrition Facts

Serving Size: 2 Scoops (44g)

Servings Per Container: 30

Amount Per Serving

Calories 170 **Calories from Fat 50**

% Daily Values**

Total Fat 6 g **9%**

Saturated Fat 1.5 g **7%**

Cholesterol 55 mg **18%**

Sodium 200 mg **8%**

Potassium 300 mg **9%**

Total Carbohydrate 12 g **4%**

Dietary Fiber 5 g **21%**

Sugar 3 g

Protein 24 g

Calcium 10% • Iron 6%

Phosphorus 15% • Magnesium 4%

Chromium 6%

Not a significant source of *trans* fat, Vitamin A, or Vitamin C.

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Ingredients: Protein Blend consisting of (Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Calcium Caseinate, Micellar Casein, Egg Whites, Whey Protein Hydrolysate, Glutamine, and Lecithin (Soy)), Creamer consisting of (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Tri-calcium Phosphate, Soy Lecithin, and Tocopherols), Polydextrose, Cocoa (processed with alkali), Natural & Artificial Flavors, MCT Oil Powder consisting of (Medium Chain Triglycerides, IP Maltodextrin, Sodium Caseinate, Dipotassium Phosphate, Sodium Tripolyphosphate, Mono and Di-glycerides), Cellulose Gum, Sodium Chloride, Sucralose, Acesulfame Potassium, Digestive Enzyme Blend (Papain, and Protease).

Contains: Milk, Soy, and Eggs.

ALLERGEN WARNING:

Manufactured on shared equipment that produces products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.

APPROXIMATE AMINO ACIDS PER SERVING (NATURALLY OCCURRING)

Alanine	1174 mg	Arginine	658 mg
Aspartic Acid	2446 mg	Cystine	544 mg
Glutamic Acid	3956 mg	Glycine	429 mg
Histidine	419 mg	Isoleucine*.	1388 mg
Leucine*.	2382 mg	Lysine	2327 mg
Methionine	521 mg	Phenylalanine	754 mg
Proline	1413 mg	Serine	1211 mg
Threonine	1572 mg	Tryptophan	404 mg
Tyrosine	726 mg	Valine*.	1240 mg

Total BCAAs 5147 mg

SUGGESTED USE:

Mix two scoops with 4-6oz of water, milk, or your favorite beverage. Vary the amount of liquid for taste preference.