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 11/2 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

SUPPORTS STRENGTH DELICIOUS FLAVOR

**GENTLE OI** STOMACE

These statements have not been evaluated by the Food and treat, cure, or prevent any disease.



Distributed By: **RUNFIT NUTRITION** PO Box 364. Germantown WI, 53022 ww.runfitnutrition.com 24G PROTEIN



## NUTRITION

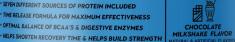
## **RUNNER'S** RECOVERY 1:X0)TI=IN

DIETARY SUPPLEMENT

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





RECOVERY

## Nutrition Facts "Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or

Serving Size: 2 Scoops (44g) Servings Per Container: 30

our villigo i di dontamon de				
Amount Per Serving				
Calories 170	Calories from	Fat :		
	% Daily	Value		
Total Fat	6 g	9		
Saturated Fat	1.5 g	7		
Cholesterol	55 mg	18		
Sodium	200 mg	8		
Potassium	300 mg	9		
Total Carbohydra	ate 12 g	4		
Dietary Fiber	5 g	21		
Sugar	3 g			
Protein	24 g			

Calcium 10% Phosphorus 15% • Magnesium 4%

Chromium 6% Not a significant source of trans fat, Vitamin A. or

726 ma Total BCAAs . . . . . . 5147 mg

Cystine

\*\* Percent Daily Values are based on a 2,000

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
Dieton, Eiber		250	200

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 (Soyl), Creamer consisting of (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate i-calcium Phosphate, Soy Lecithin, and Tocopherols), Polydextrose, Cocoa (processer 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

APPROXIMATE AMINO ACIDS PER SERVING (NATURALLY OCCURRING 658 mg 544 mg 1388 mg 754 mg

404 mg

shellfish, fish oil tree nuts, and peanuts