

OTHER INGREDIENTS: Maltodextrin, Fructose, Soy Protein Isolate, Casein, Cocoa (Processed with Alkali), Sunflower Oil (Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silico Aluminate, Tocopherols), Carob Powder, Soy Lecithin, Medium Chain Triglycerides, Rice Syrup, Silicon Dioxide, Xanthan Gum, Natural Flavors, Fructooligosaccharides, Citrus Pectin, Choline Citrate.

CONTAINS: SOY AND MILK.

Formulated/manufactured exclusively for
AdvoCare® International, LLC
Richardson, TX 75082 • 800-542-4800
For more information visit advocare.com

Directions For Use: Blend, shake or briskly stir the contents of two level scoops into 10 fluid ounces of water or the beverage of your choice.

CAUTION: Check with your healthcare professional before using this product. This product is not intended for pregnant or nursing women or anyone under 18 years of age.

KEEP OUT OF REACH OF CHILDREN.
CONTAINS BIOENGINEERED INGREDIENTS.
Store away from excessive heat, light and humidity.

Note: This product has been filled by weight, not by volume. Contents may have settled during shipping.

Post Workout Recovery is formulated with 25 vitamins, minerals, and other nutrients to support the recovery of muscle metabolic processes and aid in the reduction of occasional soreness after workouts.*

*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.

MAINTAIN
OPTIMIZE*
REPAIR*
RECOVER*

- Helps minimize muscle soreness*
- Supports muscle metabolic processes*
- Helps enhance physical performance and endurance*
- Helps maintain and restore energy supplies during and after physical activity*
- Supplies essential components for muscle repair*
- Provides antioxidants A, C and E to help fight free radicals*



POST-WORKOUT RECOVERY

MULTINUTRIENT DIETARY SUPPLEMENT

38g
CARBS

230
CALORIES

12g
PROTEIN

25
VITAMINS + MINERALS

- Optimizes muscle recovery*
- Optimizes muscle repair*
- Helps minimize muscle soreness*

CHOCOLATE
Natural Flavors

NET WT 3 LB 5 OZ (1.5kg)



Supplement Facts

Serving Size: 2 level scoops (2.0 oz/60g)
Servings per Container: 25

	Amount Per Serving	% DV
Calories	230	
Total Fat	3g	4%†
Total Carbohydrate	38g	14%†
Dietary Fiber	3g	11%†
Total Sugars	16g	
Includes 16g Added Sugars		32%†
Protein	12g	
Vitamin A (as beta carotene)	300mcg	33%
Vitamin C (as ascorbic acid)	120mg	133%
Vitamin D (as cholecalciferol)	1.5mcg	8%
Vitamin E (as vitamin E succinate)	7mg	47%
Thiamine (as thiamine HCL)	1.5mg	125%
Riboflavin	1.7mg	131%
Niacin (as niacinamide)	20mg	125%
Vitamin B ₆ (as pyridoxine HCl)	2mg	118%
Folate	167mcg DFE (100mcg folic acid)	42%
Vitamin B ₁₂ (as cyanocobalamin, co-enzyme dibenzoyl)	100mcg	4,167%
Biotin	75mcg	250%
Pantothenic Acid (as calcium pantothenate)	20mg	400%
Calcium (as calcium phosphate, calcium carbonate)	450mg	35%
Iron (as ferrous fumarate)	1.8mg	10%
Phosphorus	300mg	24%
Iodine (as potassium iodine)	22.5mcg	15%
Magnesium (as magnesium oxide)	160mg	38%

Supplement Facts

	Amount Per Serving	% DV
Zinc (as zinc gluconate)	5.3mg	48%
Selenium (as L-selenomethionine)	25mcg	45%
Copper (as copper gluconate)	0.5mg	50%
Manganese (as manganese sulfate)	2mg	87%
Chromium (as chromium polynicotinate)	84mcg	140%
Molybdenum (as sodium molybdate)	26mcg	58%
Sodium	200mg	9%
Potassium	390mg	8%
Creatine Monohydrate	2g	
DL Methionine	250mg	
L-Leucine	200mg	
L-Isoleucine	100mg	
L-Valine	100mg	
Inosine	100mg	
Eleuthero Root (<i>Eleutherococcus senticosus</i>)	50mg	
Inositol	50mg	
L-Carnitine	25mg	
Bromelain	600mcg	
Papain	600mcg	
Boron (as calcium borate)	250mcg	
Vanadium (as vanadium sulfate)	200mcg	
Gamma Oryzanol	150mcg	

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