There are no secrets to recovery – no special tricks you can use. There are, however, time-tested and critical components to growth, such as excellent post-workout nutrition, timed properly, in an effective delivery system. And to that end, there is the all new Core POST.†

Our new matrix takes the premise behind the original Core PWO-combining fast-acting protein and carbohydrate sources - and improves on that idea in a massive way. We have the classic ingredients of cold-processed microfiltered whey protein isolate, pure dextrose, and Cluster Dextrin®, a balanced-insulin response carb source with reduced bloat. Core POST also includes additional free form L-leucine and Velositol® to further enhance protein synthesis. In addition to these, we have added Vitacherry® to support optimal recovery, as well as Bioperine® to enhance the efficiency of the ingredients.†

Together, our changes and these new ingredients have made the best post-workout recovery matrix even better.†

⚠WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product , or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Add 2 scoops to 8-16 ounces of cold water (according to preferred thickness and flavor) and shake or stir until mixed. Consume immediately after training.

†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.

>> Protect from heat, light and moisture.
>> Store at 10-25°C (50-77°F)

Manufactured in a U.S. cGMP Facility.
Distributed by: Core Nutritionals, LLC, Statesville, NC 28625.
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(888) 978-2332.

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Crush It!®

CORE NUTRITIONALS®

POST

POST-WORKOUT RECOVERY MATRIX

WHEY ISOLATE† | CLUSTER DEXTRIN®† | FREE FORM LEUCINE†
VELOSITOL®† | VITACHERRY®† | BIOPERINE®†

HOT COCOA

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT

20 SERVINGS • NET WT. 3.3 LBS (1494 G)

Supplement Facts

Serving Size: 2 scoops (74.7g)
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Calories	245	
Total Fat	0.5 g	1%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	**
Cholesterol	5 mg	2%*
Total Carbohydrate	36 g	13%*
Dietary Fiber	1 g	4%*
Total Sugars	21 g	**
Added Sugars	21 g	42%*
Protein	24 g	48%*
Calcium	128 mg	10%*
Iron	2.69 mg	15%*
Phosphorus	95 mg	8%*
Magnesium	43 mg	10%*
Chromium (as chromium picolinate, chromium histidinate)	1000 mcg	2857%*
Sodium	65 mg	3%*
Potassium	250 mg	5%*
Fermented Vegan L-Leucine	5000 mg	**
Amylopectin Chromium Complex (Velositol®)	2000 mg	**
VitaCherry® Sport (Montmorency Tart Cherry)	480 mg	**
Black Pepper Extract (Piper nigrum)(fruit)(Bioperine®)	10 mg	**

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

Typical Amino Acid Profile

	Amount Per Serving
Alanine	1126 mg
Arginine	509 mg
Aspartic Acid	2305 mg
Cysteine	590 mg
Glutamic Acid	3618 mg
Glycine	402 mg
Histidine ǂ	429 mg
Isoleucine ǂǂ	1474 mg
Leucine ǂǂ	7626 mg
Lysine ǂ	2278 mg
Methionine ǂ	590 mg
Phenylalanine ǂ	724 mg
Proline	1796 mg
Serine	1206 mg
Threonine ǂ	1501 mg
Tryptophan ǂǂǂ	429 mg
Tyrosine	724 mg
Valine ǂǂ	1394 mg

ǂ Essential Amino Acids
ǂǂ BCAA's
ǂǂǂ The L-Tryptophan indicated is from naturally occurring sources of protein.

BIOPERINE® BioPerine® is a registered trademark of Sabinsa Corporation.

VELOSITOL Velositol® and Velositol® logo are trademarks of Nutrition 21, LLC. Velositol® is patent protected.

VitaCherry SPORT VitaCherry® Sport is a trademark of VDF FutureCeuticals, Inc.

INGREDIENTS: Cold-Processed Microfiltered Non-GMO Whey Protein Isolate, Dextrose, Highly Branched Cyclic Dextrin (Cluster Dextrin®), Fermented Vegan L-Leucine, Cocoa Powder, Amylopectin Chromium Complex (Velositol®), Natural & Artificial Flavors, Silicon (AntiFoam), VitaCherry® Sport (Montmorency Tart Cherry), Sucralose, Chromium Picolinate, Black Pepper Extract (*Piper nigrum*)(fruit)(Bioperine®), Sunflower Lecithin.

ALLERGEN INFORMATION: Contains Milk.