

The primary nutrition goal post-workout (PWO) is to maximize glycogen storage and protein synthesis while minimizing protein breakdown and catabolic (muscle wasting) hormones. Proper PWO nutrition can help the body repair muscle tissue, reduce post-workout soreness, raise testosterone and growth hormone levels, and reduce cortisol levels. The correct supply of carbohydrates and amino acids are needed PWO to accomplish this, and Core PWO contains those optimal amounts.

Core PWO contains the fast-acting proteins and carbohydrates (whey isolate, dextrose, and maltodextrin) that are needed to maximize muscle recovery after weight training. These ingredients quickly replenish muscle glycogen and shuttle much needed amino acids to muscle cells. The branch chain amino acids (BCAAs), glutamine, taurine, and antioxidants in Core PWO also help prevent catabolism and improve muscle growth and recovery.

Whether bulking up or slimming down, the ingredients in Core PWO are crucial for proper recovery.††



††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.



CORE PWO

POST WORKOUT RECOVERY

CHOCOLATE

Dietary Supplement Net Weight: 1,230 g (2.71 lbs) 15 servings (82 g each)

Supplement Facts

Serving Size: 2 scoops (82 g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	295	
Calories from Fat	10	
Total Fat	1.0 g	<1%
Saturated Fat	0 g	0%
Cholesterol	0.9 g	<1%
Total Carbohydrate	43 g	12%
Fiber	0.3 g	†
Sugar	25 g	†
Protein	28 g	48%
Sodium	90 mg	4%
Potassium	210 mg	6%
Vitamin C	250 mg	417%
Vitamin E	100 IU	333%
BCAA Blend:	4 g	†
L-Leucine, L-Valine, and L-Isoleucine		
L-Glutamine	2 g	†
Taurine	1 g	†

† Daily value not established.

* Percent values are based on 2,000 calorie diet.

Other Ingredients: Cross-flow microfiltered whey protein isolate, dextrose, maltodextrin, cocoa powder, branched-chain amino acid blend (l-leucine, l-valine, l-isoleucine), natural and/or artificial flavors, l-glutamine, taurine, ascorbic acid, silicon dioxide, d-alpha-tocopheryl succinate, sucralose

Directions: Add 2 scoops to 8-12 oz cold water and shake or stir until mixed.

- Keep out of reach of children.
- Protect from heat, light and moisture.
- Store at 10-25°C (50-77°F).
- Do not purchase if seal is broken.



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