ANABOLIC FLOOD is a cutting-edge formula delivering the body everything that it needs to rebuild, repair and replenish the musdles after strenuous exercise. Formulated to address every aspect of recovery, lean muscle repair, carbohydrate replenishment, and essential nutrient delivery in order maximize musde anabolism. When you are working out you are tearing down muscle fibers. Not to mention you are draining the body of vital nutrients like glycogen, amino acids, vitamins and creatine. ANABOLIC FLOOD is designed to deliver your body everything it needs to build them back bigger, leaner, stronger, and more resilient than before. Your days of feeling sore and lethargic after workouts are over. Give your body what it needs and trigger new musde growth!

ANABOLIC FLOOD contains a perfect ratio of slow and fast release carbohydrates to instantly load the muscles with accessible energy to rebuild and repair. ANABOLIC TRIGGER also contains ingredients to saturate lean musde tissue with isolate protein, BCAA's, glutamine, and creatine.

Suggested Use: Mix 1 Scoop with 8-10 ounces of water or your favorite beverage. ADD TO THIS IF SO DESIRED.

Double sealed for your protection. Do not use if inner or outer seal is damaged or missing. To preserve quality and freshness keep bottle tightly dosed, & store in a cool, dry place.

Warnings: KEEP OUT OF REACH OF CHILDREN. Always consult a physician prior to using any dietary supplement. Do not use if you have or are being treated for prostate hypertrophy or cancer, heart, liver, cardiovascular, kidney or thyroid disease, high blood pressure, low hdl. taking antidepressants, MAO inhibitors, prescription drugs or any over the counter prescription drugs containing ephedrine or pseudoephedrine. Do not exceed suggested serving. Do not use if pregnant or nursing. Protect from Heat, Light, and Moisture. Store at 15-30°C (59-86°F) Do not use if seal is broken. Keep out of the reach of children.

"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

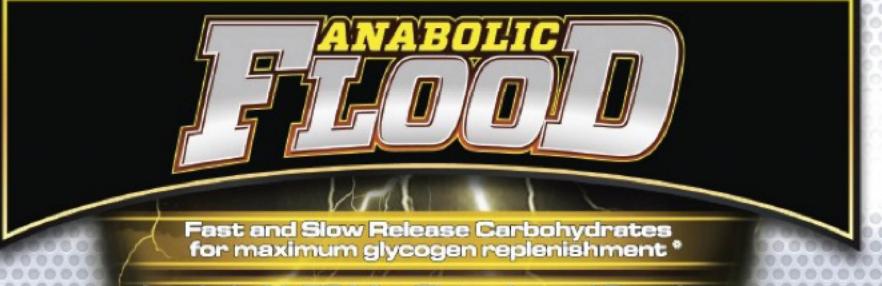


Manufactured For: **Total Nutrition Holdings LLC** 53 East Merrick Rd, Suite 190 Freeport, NY 11520

POST WORKOUT

DIETARY SUPPLEMENT





Loaded with BCAAs, Glutamine and Creatine for instant recovery

Great for any type of athlete

Net Weigh 4.75 Lbs

2156 Grams

TROPICAL

Supplement Facts

Serving Size: 2 Scoops (70 Grams) Servings Per Container: Approx. 30

mount Per Serving	Calories 260	Calories from Fat 10	
		*%DailyValue	
tal Fat	1g	+	
Saturated Fat	0	+	
olestero	0	+	
dium	0	+	
tal Carbohydrates	35g	10%	
Sugar	18g	+	
Dietary Fiber	0	+	
otein	28g	+	

Anabolic Protein Complex

Ion Exchange Whey Protein, Glutamine AKG, Glutamine Peptides, L-Leucine, L-Valine, L-soleudine

28g

Anabolic Complex 4.5g
Taurine, Creatine MagnaPower® Magnesium Creatine Chelate, Alpha Lipoic Acid, Vitamin C (Ascorbic Acid)

Patent Pending slow to fast release Carb Complex (KarboXtreme) 35g
Waxxy Maize (from Corn), Amylopectin (Fast Release From Potato), Dextrose (Medium to
Slow release Rice and Potato Starch), Glucose Polymers (Fast Release from Potato), Maltodextrin (Quick Release Starch from Corn), Cane Sugar (Quick release Carb)

Electrolyte Complex

Calcium Phosphate, Magnesium Gluconate, Potassium Bicarbonate

Citric Acid, Watermelon Flavor, Tic Gums, Cellulose, Xanthan, Carrageenan, FD&C Red #40

† Daily Value (DV) not established

www.nutracorenutrition.com

^{*} Percent Daily Values (DV) are based on a 2,000 calorie

^{**} Creatine MagnaPower* is a registered trademark of Albion Laboratories, Inc. Chelate covered by U.S. Patent 6,114,379 and patents pending