

# POST WORKOUT

## DIETARY SUPPLEMENT



# ANABOLIC FLOOD

Fast and Slow Release Carbohydrates  
for maximum glycogen replenishment\*

Loaded with BCAAs, Glutamine and Creatine  
for instant recovery\*

Great for any type of athlete\*

Net Weight:

**4.75 Lbs**

**2156 Grams**

**WATERMELON**



**ANABOLIC FLOOD** is a cutting-edge formula delivering the body everything that it needs to rebuild, repair and replenish the muscles after strenuous exercise. Formulated to address every aspect of recovery, lean muscle repair, carbohydrate replenishment, and essential nutrient delivery in order maximize muscle 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 muscle 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 muscle tissue with isolate protein, BCAAs, 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 closed, & 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



## Supplement Facts

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

Amount Per Serving	Calories 260	Calories from Fat 10
%Daily Value		
Total Fat	1g	+
Saturated Fat	0	+
Cholesterol	0	+
Sodium	0	+
Total Carbohydrates	35g	10%
Sugar	18g	+
Dietary Fiber	0	+
Protein	28g	+

**Anabolic Protein Complex** 28g  
Ion Exchange Whey Protein, Glutamine AKG, Glutamine Peptides, L-Leucine, L-Valine, L-Isoleucine

**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  
Waxy 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** 122mg  
Calcium Phosphate, Magnesium Gluconate, Potassium Bicarbonate

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

\* Percent Daily Values (DV) are based on a 2,000 calorie diet † Daily Value (DV) not established  
\*\* Creatine MagnaPower\* is a registered trademark of Albion Laboratories, Inc. Chelate covered by U.S. Patent 6,114,379 and patents pending

[www.nutraceuticalnutrition.com](http://www.nutraceuticalnutrition.com)