

POST is an all-in-one advanced muscle-building and recovery formula. Made with proven sports performance ingredients and antioxidant-rich superfoods, POST combines complex carbohydrates from peas, papaya, pineapple, and pomegranate with fast absorbing pea protein isolate and electrolytes for maximal recovery, muscle growth, and hydration.

SUGGESTED USE: Mix one serving (scoop) of POST with 10-12 oz of water after each workout for optimal athletic performance, muscle growth, and recovery. Can be used as a meal replacement as well.

- IMPROVES STRENGTH
- BUILDS MORE MUSCLE
- INCREASES ENERGY
- MAXIMIZES ENDURANCE

WARNING: Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

*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.



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30
SERVINGS

CHOCOLATE PEANUT BUTTER
NET WT. 2.5LB (1,120 g) DIETARY SUPPLEMENT

GROWTH \ RECOVERY \ STRENGTH \ MUSCLE

SWOLVERINE

POST

ADVANCED POST WORKOUT SUPPLEMENT
TO MAXIMIZE MUSCLE GROWTH & RECOVERY

Supplement Facts

Serving Size: One Scoop (35g/1.23oz)
Serving Per Container: 30

	Amount Per Serving	%DV**
Calories	120	
Total Fat	1.5	2%*
Saturated Fat	0.5 g	3%*
Total Carbohydrate	15 g	5%*
Dietary Fiber	1 g	4%*
Total Sugars	less than 1 g	**
Protein	13 g	
Iron	1 mg	5%
Phosphorus	113 mg	9%
Magnesium	1500 mg	3%
Chloride	420 mg	18%
Sodium	380 mg	17%
Potassium	195 mg	4%
Pea Starch (Carb 10®)	12,000 mg	**
Pea Protein Isolate	8,000 mg	**
L-Glutamine	4,000 mg	**
Oat Milk Powder (Oatzie™)	1,000 mg	**
Pomegranate Fruit Powder (Punica granatum L.)	500 mg	**
Bromelain	500 mg	**
Coconut Water Powder	500 mg	**
Papaya Fruit Powder (Carica papaya L.)	500 mg	**
Pineapple Fruit Juice Powder (Bromelia ananas Linné)	350 mg	**
Spirulina Whole Herb Powder (Spirulina platensis)	250 mg	**
Himalayan Pink Salt	200 mg	**

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

OTHER INGREDIENTS: Cocoa Powder, Peanut Flour Powder, Sea Salt, Natural Flavor, Stevia RebaudiosideA Leaf Extract (Organic)

Contains: **Peanuts and Tree Nuts (coconut)**

Manufactured for:
Swolverine
4690 Longley Ln., STE 15
Reno, NV 89502

Sourced from a GMP certified facility.
Formulated in USA.



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Carb10

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