

Supplement Facts

Serving Size 3 Scoops (~99g) Servings Per Container 28

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	302	L-Leucine	**
Calories from Fat	14	Leucine Alpha Ketoglutarate (AKG)	**
Total Fat	1.5g 2% *	Leucine Ethyl Ester	**
Saturated Fat	1g 6% *	N-Acetyl Leucine	**
Total Carbohydrate	52g 17% *	Volubolic Amino Blend	7000mg
Sugars	26g **	Taurine	**
Protein	20g 40%	Glutamine Alpha Ketoglutarate (AKG)	**
Calcium	117mg 11%	L-Phenylalanine	**
Sodium	130mg 5% *	Citrulline Malate	**
Potassium	195mg 6%	Creabolic Complex	3000mg
		Creapure®	**
Torrent Proprietary Blend	18,000mg	Creatine MagnaPower® (magnesium creatine chelate)	**
Anti-Catabolic Leucine Complex	8000mg	Creatine Gluconate	**

** No Daily Value established * Percent Daily Value based on a 2000 calorie diet.

OTHER INGREDIENTS: Osmosulin Matrix™ (D-glucose, waxy maize, maltodextrin), partially hydrolyzed whey protein concentrate (milk), (providing di-, tri-, oligo- and polypeptides), creatine monohydrate, malic acid, artificial flavors, citric acid, lecithin (soy), sodium chloride, dimagnesium phosphate, sucralose, acesulfame potassium, potassium phosphate, FD&C Yellow #5, FD&C Blue #1. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

INGREDIENT NOTES: Creatine MagnaPower® is a registered trademark of Albion Laboratories, Inc., and is covered by U.S. Patent 6,114,379 and patents pending. Creapure® Brand Creatine is an exclusive product of AlzChem Trostberg GmbH Germany. Tested and proven free of impurities. U.S. Patent # 5,719,319. Citrulline Malate is licensed under U.S. Pat Nos. 5,874,471 and 6,028,107.



DOSAGE: For use as a dietary supplement, take one serving of Torrent™ within 30 minutes of your workout. Mix 3 heaping scoops along with 20-25 oz. of your beverage of choice. For best results, consume Torrent™ after each training session.

WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recurrent headaches, glaucoma, difficulty urinating, prostate enlargement, seizure disorder, high blood pressure, high cholesterol, arthritis, heart disease, stroke, are pregnant, or are suffering from any inflammatory diseases. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

*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.



MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:
Universal Nutrition
New Brunswick, New Jersey 08901
800-USA-0101 • 732-545-3130
www.UniversalUSA.com

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TORRENT™

GREEN APPLE AVALANCHE

Anabolic Muscle Activating Supplement

Net Wt 6.1 lb (2.77kg)

Key Aminos + Creatine | Osmosulin Advanced Delivery System | Post-Workout Recovery Matrix

C2414-G-32325

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Torrent™ sets a new standard for post-workout (PWO) nutrition. Though often overlooked, this part of the bodybuilding equation is the most critical aspect in the quest to foster new growth. Properly utilizing this time is vital for inducing overall muscle mass activation. Torrent's™ formula is designed to maximize the anabolic "window of opportunity" that exists after a hard training session. After a hard workout your muscles are torn down, glycogen is depleted and your body enters a damaging catabolic state. When consumed immediately post-training, Torrent's™ proprietary blend of muscle mass activators rush to bring your body back into anabolic "green light" status, quickly repairing damaged muscle fibers while triggering fresh growth. Heightened anabolism, rapid nutrient transport, insulin potentiating, all delivered by means of a delicious post-workout growth cocktail. * **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.