

SUPPLEMENT FACTS

Serving Size: Two (2) Scoops (60g)

Servings Per Container: 16

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories	220	Total Branched Chain Amino Acids (BCAA)	6.0g
Calories from fat	15	Leucine	3.0g
Total fat	1.5g 2%	Isoleucine	1.5g
Saturated fat	1g 5%	Valine	1.5g
Cholesterol	40mg 14%	Anti-Cortisol Compound	4g
Total Carbohydrate	31g 10%	Lysine, Threonine, Phosphatidylserine	
Sugar	26g **	Glutamine and Precursor Complex	3g
Protein	20g 40%	CreaBose ATP Rejuvenator	1.75g
Vitamin C (as ascorbic acid)	240 mg 400%	Creapure® (Creatine Monohydrate), D-Ribose, Highly Branched Cyclic Dextrins	
Vitamin D (as cholecalciferol)	4 IU 1%	Anti-Inflammation Phytonutrient Compound	1.75g
Vitamin B6 (as pyridoxine hydrochloride)	9 mg 460%	Taurine, Pomegranate, Ascorbic Acid, Cissus Quadrangularis, Grape Seed Extract	
Vitamin B12 (as cyanocobalamin)	6 mcg 100%	Electro-Balance Restoration	405mg
Calcium	100 mg 10%	Potassium Aspartate (Potassium), Sodium Chloride (Sodium), Magnesium Bisglycinate Chelate (Magnesium), Pyridoxine HCl, Cyanocobalamin	
Iron	0.9mg 5%		
Phosphorus	97 mg 10%		
Magnesium	15 mg 4%		
Sodium	75 mg 3%		
Potassium	320 mg 9%		

Other Ingredients: Carbohydrate blend (evaporated cane juice, d-glucose polymers), whey protein blend (whey protein concentrate, whey protein isolate), branched chain amino acids (l-leucine, l-valine, l-isoleucine), citric acid, natural flavors, stevia, monk fruit, beta carotene. **ALLERGEN WARNING:** Contains Milk, Soy. **GLUTEN-FREE.** This product is manufactured on the same equipment that processes milk, egg, soy, peanuts and tree nuts.

Creapure is a Registered Trademark of AlzChem, LLC and use of its license under US Patent #5,719,319



* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

The Science of Supplements: EvidenceBasedFormulary.net

Biorhythm®



AFTER GLOW

POST WORKOUT EUPHORIA

*10 PRODUCTS IN 1

*STRENGTH

*RECOVERY



• 20g PROTEIN

• 11.5g ESSENTIAL AMINO ACIDS

• 6g BCAAs

• ZERO REFINED SUGARS



SUGGESTED USE: As an adult dietary supplement, take one serving (see chart below) with 8-16 oz of water or juice 15-30 minutes after physical activity. Increase or decrease liquid to achieve desired flavor and sweetness. Proceed with a post workout meal within the next 1-3 hours.

Body weight in lbs.

<140

140-240

240+

Serving Size in Scoops

1

2

2+

THE CLOCK IS TICKING – MAKE IT COUNT – AFTER GLOW

Prolonged muscle soreness, fatigue, reduced and/or plateaued progress are some of the signs of poor muscle recovery. Post workout nutrition is arguably the most misunderstood time of the day. Research continues to show ten (10) pathways to support the most complete and rapid recovery. Don't waste another workout and feed your body the science of 10 in 1 with After Glow.*

10 RECOVERY PRODUCTS IN 1*

- ✓ Protein
- ✓ BCAA's
- ✓ EAA's
- ✓ Glutamine
- ✓ Glycogen Fuel*
- ✓ Anti-Inflammation & Anti-Oxidant Support*
- ✓ Electrolyte Replenishment*
- ✓ Anti-Cortisol Compound*
- ✓ Vitamins and Mineral Complex
- ✓ Creapure®

Warnings: This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use this product if you are pregnant or nursing. Discontinue use and immediately contact your health care professional if you experience any adverse reaction to this product. Follow label instructions and do not exceed recommendations for Suggested Use. Do not use if safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

MFG for and distributed by: Exclusive Supplements, Inc. 1-866-429-2600 Coraopolis, PA 15108 biorhythm.us