

POSTWORKOUT NUTRITION

Extensive scientific research has shown that there is a 60-minute window of opportunity immediately following exercise when muscle cells are maximally primed to repair, rebuild, and adapt from a workout. Proper postworkout nutrition is a key factor in how quickly and completely your body will recover and benefit from and adapt to exercise.

REFUEL TO GET YOUR BEST RESULTS

This formula was specially designed to provide the precise nutrients you'll need to achieve maximum results from your P90X workouts. No other recovery drink offers this unique mix of:

- SIMPLE AND COMPLEX CARBOHYDRATES FOR OPTIMUM ENERGY RECOVERY AND TO HELP REDUCE MUSCLE SORENESS
- A BLEND OF PROTEIN AND AMINO ACIDS PROVIDING THE BUILDING BLOCKS FOR MUSCLE REPAIR AND GROWTH
- GENEROUS LEVELS OF VITAMINS, INCLUDING THE ANTIOXIDANT VITAMINS C AND E, TO HELP REDUCE MUSCLE SORENESS AND ASSIST IN REPAIR AND GROWTH
- A SMALL AMOUNT OF CREATINE TO DRIVE PERFORMANCE WITHOUT ADDING BULK

DIRECTIONS: Mix 2 scoops (60 grams) into 12 ounces of cold water. For best results, consume within 1 hour after your workout.

Taking P90X Results and Recovery Formula within 60 minutes of completing your workout not only delivers the nutrients essential for recovery today, but it sets the stage for a more energized and improved workout tomorrow!

*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.

Extreme Nutrition Support for Men and Women



RESULTS AND RECOVERY FORMULA®

SMOOTH ORANGE
After-Workout Drink

NET WT 52.9 oz (3 LB 4.9 oz) (1,500 g)

Decide.
Commit.
Succeed.®

For maximum benefit,
consume within 1 hour after
your workout.

P90X® Results and Recovery
Formula® will benefit
anyone involved in any
fitness program, and was
created as an integral part
of the comprehensive P90X
Extreme Home Fitness System.

If you are a member of the Team
Beachbody® community, contact your
Coach for information and support or log
in at TeamBeachbody.com.

For Beachbody® and Team Beachbody
Customer Service, go to Beachbody.com.
Made in USA.

Nutrition Facts				
Serving Size: 2 scoops (60 g)		Servings Per Container: 25		
Calories 220		Calories from Fat 10		
	Amount Per Serving	% Daily Value**		
Total Fat	1 g	2%		
Saturated Fat	0.5 g	3%		
Trans Fat	0 g			
Cholesterol	20 mg	7%		
Sodium	150 mg	6%		
Potassium	160 mg	5%		
Total Carbohydrate	40 g	13%		
Dietary Fiber	<1 g	3%		
Sugars	26 g	†		
Protein	10 g	20%		
Vitamin A	60%	•	Riboflavin	30%
Vitamin C	750%	•	Niacin	30%
Calcium	6%	•	Vitamin B6	30%
Iron	0%	•	Vitamin B12	30%
Vitamin E	500%	•	Phosphorus	10%
Thiamine	30%	•	Magnesium	60%
**Percent Daily Values (DV) are based on a 2,000-calorie diet. †Daily Value (DV) not established.				
Your daily values may be higher or lower depending on your calorie needs:				
	Calories	2,000	2,500	
Total Fat	Less than	65 g	80 g	
Saturated Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2,400 mg	2,400 mg	
Potassium		3,500 mg	3,500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	
Protein		50 g	65 g	
Calories per gram:				
Fat	9	•	Carbohydrates	4 • Protein 4

EVERY SERVING ALSO CONTAINS:
L-Arginine 700 mg
L-Glutamine 500 mg
Creatine Monohydrate 500 mg

ALLERGEN INFORMATION: This product contains milk (as whey), soy (as lecithin), and is manufactured in a plant that also processes egg, fish, crustacean shellfish, peanuts, tree nuts, and wheat (gluten) ingredients.

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before beginning any exercise program or using any supplement or meal replacement program, especially if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who require supervision.

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