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.

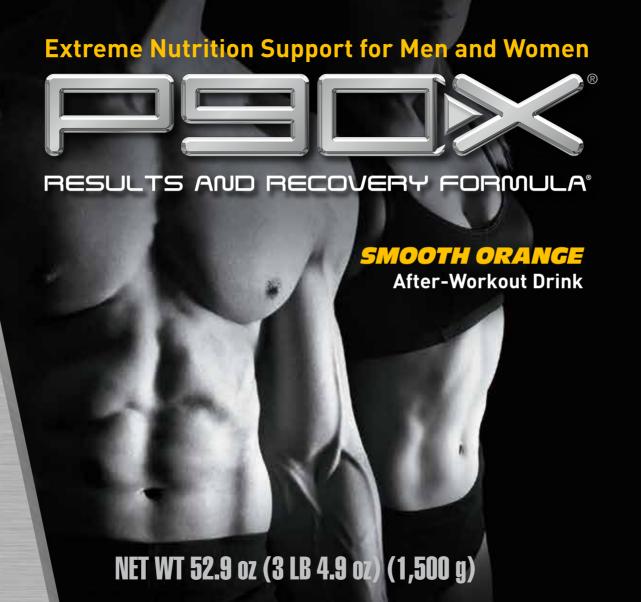
No other recovery drink offers this unique mix of:*

- 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.



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

ng Size: 2 scoops (60 g) Servings Per Container

Calories 220	Calories from Fat 10					
		Amo	unt Per Serving	% Daily Value**		
Total Fat		1 g		2%		
Saturated Fat		0.5 g		3%		
<i>Trans</i> Fat		0 g				
Cholesterol		20 mg		7%		
Sodium		150 mg		6%		
Potassium		160 mg		5%		
Total Carbohy	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	2 30%		
Vitamin E	500%	•	Phosphorus	10%		
Thiamine	30%	•	Magnesium	60%		
**Dercent Deily Values (DV) are board on a 2 000 colorie dist						

**Percent Daily Values (DV) are based on a 2,000-calorie die †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 Saturated Fat Cholesterol Sodium Potassium Total Carbohydrate Dietary Fiber Protein	Less than Less than Less than Less than	65 g 20 g 300 mg 2,400 mg 3,500 mg 300 g 25 g 50 g	80 g 25 g 300 mg 2,400 mg 3,500 mg 375 g 30 g 65 g
Calories per gram:			

Carbohydrates 4
 Protein

L-Arginine 70
L-Glutamine 50
Creatine Monohydrate 50

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 professional program or using any supplement or meal replacement program, especially if pregnant, breast few groups or special peds or restrictions. Keep out of reach of children or others who require supervision.

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