

Single-Serving Packet

P90X
RESULTS AND RECOVERY FORMULA

**HELPS REDUCE SORENESS
REPLENISH NUTRIENTS
RESTORE ENERGY***

SMOOTH ORANGE
After-Workout Drink

NET WT 2.1 oz (60 g)



Nutrition Facts

Serving Size: 1 packet (60 g)
Servings Per Container: 1

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

DIRECTIONS: Add contents of P90X® Results and Recovery Formula® packet to 12 ounces of cold water. Stir or blend until smooth.

For best results, consume within 1 hour after your workout.

STORAGE: Store in a cool, dry place.

INGREDIENTS: Dextrose, Whey protein concentrate, Maltodextrin, Natural flavors, Citric acid, Carageenan gum, L-arginine, Ascorbic acid, Tartaric acid, Creatine monohydrate, L-glutamine, Magnesium oxide, Lecithin, d-Alpha tocopheryl acetate, Beta carotene, Potassium phosphate, Stevia extract, Luo Han Guo extract, Niacinamide, Pyridoxine hydrochloride, Riboflavin, Thiamine monohydrate, and Cyanocobalamin.

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.

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.



*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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