TMR FIT SERIES

CLEAN

POST-WORKOUT

- *CLEAN: NO ARTIFICIAL colors, flavors or sweeteners; NON-GMO.*
- *Supports muscle RECOVERY, REPAIR, & GROWTH.‡*
- *Promotes increased STRENGTH, SPEED & POWER.‡*
- *Nitric oxide donors support increased blood flow for more rapid RECOVERY.‡*
- *Helps REDUCE POST-WORKOUT FATIGUE and muscle soreness from high intensity training and exercise.‡*
- *72+ naturally-occurring ELECTROLYTES from ConcenTrace® to enhance HYDRATION levels for sustained PERFORMANCE & REDUCED MUSCLE CRAMPS.‡*
- *Supports growth of LEAN MUSCLE and helps maintain MUSCLE STRENGTH & POWER.‡*
- *Nutrient support for all types of workouts, including STRENGTH & ENDURANCE training for MEN & WOMEN.‡*

POST - 20 PKTS

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TMR FIT SERIES

CLEAN

Trace Minerals RESEARCH

1

POST WORKOUT

SUPERCHARGED WITH CONCENTRACE®
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS
EASY SINGLE SERVING PACKETS

CLEAN UP YOUR WORKOUT!

RECOVERY‡ • STRENGTH‡ • ENDURANCE‡

STRAWBERRY LEMONADE FLAVOR

NON-GMO

liquimins™

20 - 0.85 OZ (24g) PACKETS • DIETARY SUPPLEMENT

TMR FIT SERIES

CLEAN

POST-WORKOUT

- **BCAA'S** - a 3:1:1 ratio is most effective after workouts and helps stimulate maximum muscle protein synthesis to help aid in muscle growth and repair.‡
- **BETAINE** - supports protein synthesis for long-term muscle growth.‡
- **L-GLUTAMINE** - an abundant amino acid in the body, it's important for quicker muscle recovery; also supports the immune system.‡
- **BETA-ALANINE** - aids in the production of carnosine, which aids in muscle endurance during high-intensity exercise and strength training.‡
- **ORGANIC BEET ROOT & L-ARGININE** - provide natural nitric oxide donors to dilate blood vessels for improved oxygen delivery, enhancing endurance, performance, & recovery.‡
- **HMB** - promotes increases in muscle mass for more strength, assists muscle recovery, and supports muscle endurance during workouts.‡
- **TAURINE** - an amino acid that supports protein synthesis, cell hydration, nitric oxide production, & metabolism.‡
- **ELECTROLYTES** - ConcenTrace® supercharges the formula and provides over 72 electrolytes to support efficient hydration.‡

LOT#/BEST BY DATE

WHY WOULD YOU EAT CLEAN AND THEN TAKE DIRTY SUPPLEMENTS?

Supplement Facts

Serving Size 1 packet (24g)
Servings Per Container 20

Amount Per Serving		%DV
Calories	35	
Total Carbohydrate	9g	3%*
Sugars	2g	
Calcium	50mg	5%
Magnesium (from ConcenTrace®)	30mg	8%
Sodium	5mg	<1%
BCAA 3:1:1 Blend L-Leucine, L-Isoleucine, L-Valine.	5g	†
Beta-Alanine	2g	†
L-Glutamine	2g	†
Betaine	1.5g	†
Taurine	1g	†
Creatine Monohydrate	1g	†
AAKG L-Arginine	500mg	†
Organic Beet Root Powder	500mg	†
HMB (as Calcium β-hydroxy-β-methylbutyrate)	500mg	†
ConcenTrace® Electrolyte Blend A complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.	500mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Other Ingredients: Tapioca starch, certified organic cane sugar, natural strawberry and citrus flavors (lemon, lime), citric acid, stevia leaf extract, silica.
Allergen Info: contains no known allergens. **GLUTEN FREE**.

Suggested Use: Open packet, add contents to 8-10 oz of water and mix well. Take within 30-45 minutes after workout for best results. **CERTIFIED VEGAN.**

NOTICE: Consult a health care professional prior to use. Do not use if you are pregnant, nursing, under the age of 18, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. KEEP OUT OF REACH OF CHILDREN.

Certified Vegan AVA American Vegetarian Association

ConcenTrace

cGMP

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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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