

TMR FIT SERIES

CLEAN



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

liqujamins™

NET WT 16.9 OZ (480g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 rounded scoops (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	5g †
L-Leucine, L-Isoleucine, L-Valine.	
Beta-Alanine	2g †
L-Glutamine	2g †
Betaine	1.5g †
Taurine	1g †
Creatine Monohydrate	1g †
AARG L-Arginine	500mg †
Organic Beet Root Powder	500mg †
HMB (as Calcium β-hydroxy-β-methylbutyrate)	500mg †
ConcenTrace® Electrolyte Blend	500mg †

A complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.

* 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.**

WHY WOULD YOU EAT CLEAN AND THEN TAKE DIRTY SUPPLEMENTS?

CLEAN UP YOUR WORKOUT!

POST-WORKOUT is the all-in-one workout recovery supplement that's part of our **TMR FIT™ SERIES** of **clean** sports nutrition products. It contains **NO** artificial colors, flavors, or sweeteners and is non-GMO. It's been carefully formulated to help your muscles grow and recover after intense training and reduce post-workout fatigue.[†] It contains important nutrients like BCAA's, glutamine, creatine, beta-alanine, and other essential nutrients that support recovery, muscle repair and growth, speed, strength, endurance, circulation, and hydration.[†] It's supercharged with ConcenTrace®, which provides over 72 naturally occurring electrolytes to support efficient hydration and nutrient assimilation.[†]

Suggested Use: Mix 2 rounded scoops with 16-20 ounces of water in a glass or shaker bottle and mix well. Drink within 30-45 minutes after workout for best results. **CERTIFIED VEGAN.**

NOTICE: Consult a health care professional prior to 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.

cGMP



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r-M3Y15



American Vegetarian Association



† 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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