

When it comes to ideas on how to grow, bide, tricks, and disagreement are the name of the game. Ask ten, "gurus" and all ten will give you different responses, and each says the other is wrong. But Core Nutritionals wants to let you in on a secret: there is no big secret. There are, however, critical components to growth, such as excellent post-workout nutrition like Core PWO. †

Core PWO contains the premium, fast-acting protein and carbohydrate sources to optimize your post-workout nutrition and supercharge your growth. Our post-workout matrix balances your needs in perfect proportion, including a healthy dose of BCAAs and antioxidants to expedite growth and recovery. In a world where, "what's best" changes every ten minutes, stick with what works – Core PWO. †

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

† 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.



Manufactured in a cGMP Facility.
Made in the USA.
Distributed by: Core Nutritionals, LLC, Arlington, Virginia
www.CoreNutritionals.com,
info@corenutritionals.com, (888) 978-2332



PWO

POST-WORKOUT RECOVERY MATRIX

NO FILLERS

GLUTEN-FREE

ADDED FREE-FORM
BCAAs

FAST-ACTING PROTEIN
AND CARB MATRIX

GOURMET TASTE

CHOCOLATE

NATURAL FLAVOR WITH NO ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT • 1230 G (2.71 LBS)

Supplement Facts

Serving Size: 2 scoops (80g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	266	
Calories from Fat	10	
Total Fat	1.0 g	1%
Saturated Fat	0 g	0%
Cholesterol	0.9 mg	<1%
Total Carbohydrate	43 g	14%
Fiber	0.3 g	1%
Sugar	23 g	†
Protein	20 g	56%
Sodium	90 mg	4%
Potassium	210 mg	6%
Vitamin C	250 mg	417%
Vitamin E	100 IU	333%
BCAA Blend:	4 g	†
L-Leucine, L-Valine, and L-Isoleucine		
L-Glutamine	2 g	†
Taurine	1 g	†

† Daily value not established. *Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Cross-Flow Microfiltered Whey Protein Isolate, Dextrose, Maltodextrin, Cocoa Powder, Branched-Chain Amino Acid Blend (L-Leucine, L-Valine, L-Isoleucine), Natural and/or Artificial Flavors, L-Glutamine, Taurine, Ascorbic Acid, D-Alpha-Tocopheryl Succinate, Sucralose.

ALLERGEN STATEMENT: Processed in a facility that manufactures Peanut, Egg, and Tree Nut Ingredients. Contains Milk and Soy (Lecithin).

DIRECTIONS: Add 2 scoops to 8-12 oz cold water and shake or stir until mixed. Consume immediately after training.

• Protect from heat, light and moisture • Store at 18-25°C (50-77°F)