

DIRECTIONS: Mix 2 scoops (15.7 g) in 8 oz of cold water, or beverage of your choice, and consume immediately after exercise. Do not exceed more than 4 scoops (2 servings) daily.

TIP: Adjust amount of fluid ounces according to flavor intensity desired.

SUGGESTED USE: On training days, consume immediately after exercise. On non-training days, consume throughout the day, with or without food.

Consult your physician prior to use, as individual needs may vary. Individuals taking medication should discuss potential interactions with their physician. Do not use if tamper seal is damaged.

CeneGenics® ELITE Performance Recovery is specially designed to enhance recovery after exercise by restoring cellular energy, increasing muscle protein synthesis, and optimizing naturally occurring hormone production. Unlike many recovery formulas, CeneGenics® ELITE Performance Recovery supplies therapeutic doses of researched ingredients and is free of artificial colors and sweeteners. The inclusion of post-training recovery products may improve exercise performance, recovery from exercise, and support the growth and preservation of lean body mass in healthy, exercising individuals.*

*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.



STORAGE: Keep tightly closed in a cool, dry place.

DOES NOT CONTAIN: Wheat, gluten, yeast, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

All CeneGenics® formulas meet or exceed cGMP quality standards.

• 10g of L-Glutamine (per 2 servings)

• Sweetened with Stevia

• Enhanced Absorption with Creatine MagnaPower®



CENEGENICS®
ELITE PERFORMANCE

RECOVERY

POST-WORKOUT FORMULA

CITRUS

DIETARY SUPPLEMENT
NET WT. 11.08 OZ (314 G)



Supplement Facts

Serving Size: 2 Scoops (About 15.7 g)
Servings Per Container: About 20

Amount Per Serving		%DV†	Amount Per Serving		%DV‡
Calories	30		Branched Chain Amino Acids	2.5 g	**
Total Carbohydrate	3 g	<1%	2:1:1 Leucine:Isoleucine:Valine		
Sugars	3 g	**	Creatine (as Creapure® creatine monohydrate and Creatine MagnaPower® magnesium creatine chelate)	2.225 g	**
Vitamin C (ascorbic acid)	500 mg	633%	Creatine MagnaPower® (magnesium creatine chelate)	500 mg	**
Magnesium (as Creatine MagnaPower® magnesium creatine chelate)	40 mg	10%	L-Citrulline	500 mg	**
Sodium	95 mg	4%	† Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value (DV) not established.		
Potassium (as Tripotassium Citrate)	200 mg	6%			
L-Glutamine	5 g	**			
D-Ribose	2.5 g	**			

Other Ingredients: Citric acid, sea salt, malic acid, natural flavors, stevia leaf extract, silica, riboflavin, and natural red beet powder.

Contains: Soy (lecithin).

Creapure® is a registered trademark of AbChem LLC.

DISTRIBUTED BY:

CREATINE
MagnaPower

Creatine MagnaPower is a registered trademark of Aibion Laboratories, Inc. Chelate covered by U.S. Patent 6,114,379.

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