



Suggested Use: As a dietary supplement, mix 1 scoop of NutraBio POST into 8-12 ounces of water and consume 30-45 minutes after training. Vary the amount of water to achieve your desired flavor level. POST can also be taken on non-workout days to boost muscle recovery, reduce exercise-induced muscle damage and support strength & muscle growth.†

Warning: NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18. KEEP OUT OF THE REACH OF CHILDREN. If you are pregnant, breast feeding, have known medical conditions (including kidney or liver disease) or are taking prescription or OTC medication(s) consult with your health care practitioner before using this product.

ALBION Creatine MagnaPower® is a registered trademarks of Albion Laboratories, Inc.

BIOPERINE BioPerine® is a trademark of Sabinsa Corporation.

CarnoSyn Carnosine Synthesizer
Licensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361, 7,504,376 and 8,067,381, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®

Kyowa Quality
Kyowa Quality and/or the KQ logo are trademarks of Kyowa Hakko Bio Co., Ltd.

Quality and purity since 1996. NutraBio manufactures in our own FDA registered & inspected GMP facility complying with FDA 21 CFR Part 111 regulations.



**MANUFACTURED IN A
GMP & FDA
INSPECTED FACILITY**

VEGETARIAN | ALLERGEN FREE | NON-GMO | GLUTEN FREE | BSE/TSE FREE

NUTRABIO

RECOVERY | GROWTH | REPAIR

POST

RAPID RECOVERY & GROWTH FORMULA†

NO FILLERS
NO EXCIPIENTS
NO ADDITIVES
NO CARBS

Optimizes Workout Gains[‡]
Accelerates Muscle Recovery[‡]
Maximizes Muscle Strength & Growth[‡]
Reduces Soreness & Impact of Overtraining[‡]



POWDER

25

SERVINGS

TRUE LABEL
FULL LABEL DISCLOSURE

Dietary Supplement
Net Wt. 571.5 grams

Raw Unflavored

**MADE IN A
GMP
&
FDA
INSPECTED
FACILITY**

20G
AMINO ACID

8G
BCAAs

5G
GLUTAMINE

2G
CREATINE

Supplement Facts

Serving size: 1 scoop (22.86 grams)
Servings per container: 25

	Amount Per Serving	% DV
Vitamin C	250 mg	420%*
Thiamine Mononitrate (B1)	1 mg	70%*
Niacin (B3)	15 mg	75%*
Pyridoxine HCl (B6)	15 mg	750%*
Folic Acid	200 mcg	50%*
Biotin	200 mcg	70%*
Pantothenic Acid (B5)	5 mg	50%*
Calcium	60 mg	6%*
Phosphorus	81 mg	8%*
Magnesium	40 mg	10%*
Sodium	50 mg	2%*
Potassium	45 mg	1%*

Anabolic Growth iBCAA's (8,000 mg)

L-Leucine (fermented)	4,000 mg	†
L-Isoleucine (fermented)	2,000 mg	†
L-Valine (fermented)	2,000 mg	†

Muscle Recovery Accelerator (7,500 mg)

L-Glutamine (Kyowa Quality™)	5,000 mg	†
L-Carnitine (as L-carnitine tartrate)	1,500 mg	†
Ornithine Alpha-Ketoglutarate	500 mg	†
(okg 2:1 reacted)		
Glycine	500 mg	†

Strength & Growth Matrix (5,100 mg)

CarnoSyn® Beta-Alanine	1,600 mg	†
Betaine (trimethylglycine)	1,500 mg	†
Creatine Hydrochloride	1,500 mg	†
Creatine MagnaPower®	500 mg	†
(as Albion magnesium creatine chelate)		

Electrolyte & Rehydration Optimizer (1,935 mg)

Taurine	1,500 mg	†
Calcium Phosphate	176 mg	†
Sodium Phosphate	157 mg	†
Potassium Phosphate	102 mg	†

Nutrient Absorption Enhancer (5 mg)

BioPerine®	5 mg	†
(black pepper extract) (standardized to 95% piperine)		

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

Other Ingredients: ABSOLUTELY NONE.

STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED. (MAY SETTLE TO THE BOTTOM DURING SHIPPING.)



Manufactured by NutraBio Labs, Inc.,
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