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Why Six Star® Complete Recovery Protein is the Smarter Choice

Six Star® Complete Recovery Protein is from the makers of MuscleTech®, America's #1 Selling Bodybuilding Supplement Brand, so you know it's a powerful formula you can trust. Six Star® Complete Recovery Protein is enhanced with carbohydrates used to fuel muscles post-workout. During exercise, carbohydrates fuel your body, so it is vital to replenish your muscles with both protein and carbohydrates in order to consistently train at your peak. Trust Six Star® Complete Recovery Protein for the best formula, best taste and best results!*

Who Is Six Star® Recovery Protein For?

- Active Men & Women
- Strength Trainers
- Athletes
- Body Builders
- Fitness Enthusiasts

What Benefits Does Six Star® Recovery Protein Provide?

- Carbs to fuel muscles, protein to help build muscles*
- The scientifically engineered combination of protein, complex carbohydrates and creatine to deliver a better recovery product
- Flexible formula with 20g of protein in 1 serving or 40g of protein in 2 servings
- 17g of rapid-release carbohydrates for fast glycogen replacement
- Delivers 5g of branched chain amino acids (BCAAs) per 2 servings to support muscle recovery*
- Delivers L-leucine, which supports muscle growth by stimulating protein synthesis*
- Builds more muscle and strength*
- Boosts muscle performance in athletes*
- Low in fat and 1g of sugar

Builds More Lean Muscle and Enhances Strength

'Six Star® Complete Recovery Protein features a core ingredient that's been proven to build lean muscle and increase strength. In fact, in just one 12-week study conducted at a leading university on 22 untrained males, subjects taking this core ingredient built more lean muscle and strength than those taking a placebo.*

17g of Glycogen-Replenishing Carbs

Six Star® Complete Recovery Protein features a specialized, long-chain carbohydrate that rapidly converts to glucose and quickly helps to replenish glycogen, a carbohydrate source stored in your muscles that gets depleted during training. Six Star® Complete Recovery Protein gives your muscles key ingredients to recover faster and grow back stronger, so you can get back in the game sooner! And remember, not all recovery formulas are created equal. Trust Six Star® for the best formula, best taste and best results!

Award-Winning Taste You Will Love

The American Masters of Taste, a prestigious panel of chefs and flavor experts, awarded Six Star® Complete Recovery Protein the Gold Medal for Superior Taste against all other value brands in America. Trust Six Star® Complete Recovery Protein for optimum performance and award-winning taste you'll love.

For Best Results, Stack With:

PRE

USE 30 TO 45 MINUTES BEFORE WORKOUT

Pre-workout powder engineered to enhance muscle performance, increase energy, and get you pumped while you train.*

POST

USE IMMEDIATELY AFTER WORKOUT

Post-workout creatine supplement designed to build muscle, boost strength and enhance muscle performance.*

FOR MORE INFO, RECIPES, TIPS, AND TO JOIN THE CONVERSATION, VISIT
SixStarPro.com Twitter@SixStarPro
Facebook.com/SixStar
Instagram.com/sixstarpronutrition



COMPLETE RECOVERY PROTEIN

ELITE SERIES



From the Makers of



Carbs to Fuel Muscles, Protein to Help Build Muscles*

- Test Subjects Built More Muscle & Strength*
- Delivers Leucine, BCAAs, Glutamine & More
- Boosts Muscle Performance in Athletes*

Results based on core ingredient testing. See back for study details.

decadent **chocolate**

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT
Net Wt. 2.00 lbs. (907g)

Mixes Instantly • Zero Aspartame

Supplement Facts

Serving Size: 1 Scoop (47g)
Servings Per Container: Approx. 20

Amount Per Serving	% Daily Value
Calories	160
Calories from Fat	10
Total Fat	1g 2%*
Saturated Fat	0.5g 3%*
Trans Fat	0g †
Cholesterol	0mg 0%
Total Carbohydrates	17g 6%*
Dietary Fiber	1g 4%*
Sugars	1g †
Protein	20g 36%*
Calcium	36mg 4%
Iron	5.3mg 29%
Sodium	280mg 12%

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

Other Ingredients: Protein Blend (Isolated Soy Protein, 97% Whey Protein Isolate, Whey Protein Isolate, Hydrolyzed Whey Protein, Whey Protein Concentrate), Maltodextrin, Recovery Blend (Creatine Monohydrate, L-leucine, L-isoleucine, L-valine, L-glutamine), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Soy Lecithin, Salt, Acesulfame-potassium, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan). **Contains milk and soy ingredients. Processed in a facility that also processes wheat, eggs, shellfish, fish oil, tree nut and peanut ingredients**

This product contains 3.0g of creatine per serving and added amino acids (L-leucine, L-isoleucine, L-valine, and L-glutamine), which are not included in the 20g of protein per serving shown in the supplement facts. **100% of the 20g per serving of protein comes from 100% pure protein.**

How to Make the Perfect Recovery Shake:

STIR	SHAKE	BLEND

Tip: Try blending with ice, your favorite fruit, juice, peanut butter, or anything else you enjoy for a delicious smoothie.

Directions: Mix 1 serving (1 scoop) with 6-8 ounces of cold water or skim milk and consume within 30 minutes after your workout. For a 40g dose of protein, mix 2 servings (2 scoops) with 12-16 ounces of cold water or milk. Six Star Recovery Protein can also be taken between major meals and before workouts. Read the entire label before use and follow directions provided. Consume 10 glasses of water daily for good health.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

WARNING: Do not use if pregnant or nursing. Consult a medical doctor before starting any diet or exercise program.

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F).

*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.

Six Star® Complete Recovery Protein is manufactured according to cGMP standards, as is required for all dietary supplements.

Note: This product is sold by weight, so some settling may occur. Shake container before use.

• MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

Made in the U.S.A. from domestic and international ingredients. Distributed by Innotech Health Sciences U.S.A., Inc. 1105 North Market Street, Suite 1330, Wilmington, DE 19801. © 2015. For lot no. and expiry date: see bottle.

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