



DIRECTIONS FOR USE: Add two slightly rounded scoops to 8-10 fluid ounces of cold water, and shake or stir briskly to blend. Drink within one hour following exercise. Also, Torch™ After-Burn may be consumed in the evening to assist in long-term recovery.*

KEEP OUT OF THE REACH OF CHILDREN.

WARNING: If you are currently taking prescription medication, have an ongoing medical condition, are pregnant or nursing you should consult your physician before using this product. This product is recommended for individuals over the age of 18.

Store in cool dry place.
Do not use if packet has been opened.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, prevent or cure any disease.*

Manufactured for and exclusively distributed by:
Market America, Inc., Greensboro, NC 27409

Supplement Facts

Serving Size: 43 grams

Servings Per Container: 15

	Amount Per Serving	%DailyValue**
Calories	135	*
Calories from Fat	13	*
Total Fat	1.5 g	2%
Cholesterol	45 mg	15%
Trans Fat	0 g	*
Total Carbohydrates	5 g	2%
Sugars	4 g	*
Protein (Whey Protein Concentrate, Calcium Caseinate)	25 g	50%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin B1 (as Thiamin Hydrochloride)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Vitamin B3 (as Niacin and Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	12 mg	600%
Folate	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	20 mcg	333%
Biotin	300 mcg	100%
Pantothenic Acid (D-Calcium Pantothenate)	10 mg	100%
Calcium (Calcium Phosphate)	350 mg	35%
Phosphorus (as Calcium Phosphate)	210 mg	21%
Magnesium (as Magnesium Oxide)	120 mg	30%
Manganese (as Manganese Sulfate)	3 mg	150%
Chloride (as Sodium and Potassium Chlorides)	125 mg	4%
Sodium (as Sodium Chloride)	110 mg	5%
Potassium (as Potassium Chloride)	165 mg	5%
L-Glutamine	3000 mg	*
L-Leucine	500 mg	*
Isoleucine	250 mg	*
L-Valine	250 mg	*
Alpha-Lipoic Acid	25 mg	*

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

* No Percent Daily Values have been established for these nutrients.

Additional Ingredients: Fructose, Natural and Artificial Flavors, Xanthan Gum and Sucralose.

Contains: Whey and Milk