POST PROTOCOL: RECOVER. REPAIR. REBUILD*

Your Recovery Protocol To Rebuild and Replenish Muscles Fast*

Exercise-induced muscle damage is reduced in resistance-trained males by branched chain amino acids: a randomized, double-blind, placebo controlled study.*

Delayed-onset muscle soreness before and up to 96h after the damaging bout of exercise* Denotes a significant group effect. Values are means ± SD.#10 24 hrs Sports Nutr. 2012; 9: 20. Published online 2012 July 12. doi: 10.1186/1550-2783-9-20

Maximal voluntary force before and up to 96 hr after the damaging bout of exercise* Denotes a significant group effect. Values are means ± SD.#10 24 hrs Sports Nutr. 2012; 9: 20. Published online 2012 July 12. doi: 10.1186/1550-2783-9-20

Camipure® is a high quality L-carnitine manufactured by Lonza. Patent #9405,044,345

* 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.

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Naturally and artificially flavored
FRUIT PUNCH

10G BCAAS

6G LEUCINE

5G GLUTAMINE

1.5G CREATINE HCL

POST PROTOCOL

ADVANCED POST-WORKOUT RECOVERY MATRIX

POST WORKOUT

0 SUGAR

DIETARY SUPPLEMENT
Net Weight 0.98lb.(446.6g)

Supplement Facts

Serving Size 2 Scoops (72g)
Servings Per Container: About 20

Amount per serving	% Daily Value
Calories 15	
Total Fat 0g	0%*
Total Carbohydrate 4g	1%*
Sugars 0g	†
Sodium 93mg	5%
Proprietary Blend 160mg	8%
L-Leucine 6g	†
L-Glutamine 5g	†
L-Isoleucine 2g	†
L-Valine 2g	†
Creatine Hydrochloride 1.5g	†
L-Carnitine L-Tartrate (Carnipure®) 1g	†
Ashwagandha 600mg	†
CherryPURE™ Tart Cherry Powder 500mg	†

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

OTHER INGREDIENTS: Natural & artificial flavors, Malic acid, Sucralose, Citric acid, Calcium silicate, Soybean oil & lecithin blend, Acesulfame potassium, FD&C Red #40.

ALLERGEN WARNING: Contains MILK and SOY and is produced in a facility that also processes PEANUTS, EGGS and WHEAT.

CherryPURE™ is a registered trademark of Shoreline Fruit, LLC.

DIRECTIONS: As a dietary supplement take 2 scoops with 8-12oz. of cold water immediately post-workout.

WARNINGS: KEEP OUT OF REACH OF CHILDREN. Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

DISTRIBUTED BY

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PLATINUM SERIES

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