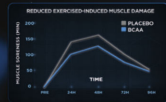


POST PROTOCOL: RECOVER. REPAIR. REBUILD.*

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 $\pm$ SD (n=12). J Int Soc Sports Nutr 2012; 9: 20. Published online 2012 July 12. doi: 10.1186/1550-2783-9-20.



Maximal voluntary force before and up to 96h after the damaging bout of exercise* Denotes a significant group effect. Values are means $\pm$ SD (n=12). J Int Soc Sports Nutr 2012; 9: 20. Published online 2012 July 12. doi: 10.1186/1550-2783-9-20.

Compure™

Compure™ is a high quality L-carnitine manufactured by Lonza. Patent #945,004,345.

* 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.

10g

BCAA†

6g

LEUCINE

POST PROTOCOL

ADVANCED POST-WORKOUT RECOVERY MATRIX*

0
SUGARDIETARY SUPPLEMENT
Net Weight 1.02lb.(462g)

BodyBuilding.com™

Naturally and artificially flavored
BLACK CHERRY

5g

GLUTAMINE

1.5g

CREATINE HCl

Supplement Facts

Serving Size: 2 Scoops (23g)
Servings Per Container: About 20

	Amount per serving	% Daily Value*
Calories	15	
Total Fat	0g	0%
Total Carbohydrate	1g	1%
Sodium	0g	†
Calcium	50mg	5%
Sodium (as sodium chloride)	100mg	0%
L-Leucine	5g	†
L-Valine	5g	†
L-Isoleucine	2g	†
L-Threonine	2g	†
Creatine Hydrochloride	1.5g	†
L-Carnitine L-Tartrate (Carnipure™)	1g	†
Ashtanga®	100mg	†
CherryPURE™ Real Cherry Powder	500mg	†

*Percent Daily Values are based on a 
† 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, FD&C Blue #1.

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.



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