PLATINUM SERIES

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 ± S.D.N=12. Int Soc Sports Nutr. 2012; 9: 20. Published online 2012 May 10. 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.N=12. Int Soc Sports Nutr. 2012; 9: 20. Published online 2012 May 10. doi: 10.1186/1550-2783-9-20

Carnipure® is a high quality L-carnitine manufactured by Lonza. Patent #9,45,004,345.

* 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.

BODYBUILDING.com

Naturally and artificially flavored
BLACK CHERRY

10g PROTEIN
6g LEUCINE

POST PROTOCOL

ADVANCED POST-WORKOUT RECOVERY MATRIX

5g GLUTAMINE
1.5g CREATINE HCl

POST WORKOUT

0 SUGAR

DIETARY SUPPLEMENT
Net Weight 1.02lb.(462g)

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	100mg	4%
Sodium as sodium chloride	100mg	4%
L-Leucine	6g	†
L-Glutamine	5g	†
L-Isoleucine	3g	†
L-Valine	3g	†
Creatine Hydrochloride	1.5g	†
L-Carnitine L-Tartrate (Carnipure®)	1g	†
Citrulline Malate	600mg	†
Cherry-Flavor 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, 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.

CLINICALLY ENDORSED

DISTRIBUTED BY
BODYBUILDING.com
3991 W. Hacienda Ave. Las Vegas, NV 89118
1-866-236-8417

000767

RSCM7977 • 20170

PLATINUM SERIES