Supplement Facts

Serving Size 3 Scoops (~86g) Servings Per Container 15

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	360	Anti-Catabolic Leucine Complex	8000mg	**
Calories from Fat	14	L-Leucine	**
Total Fat	1.5g	2%*	Leucine Alpha Ketoglutarate (AKG)	**
Saturated Fat	1g	6%*	Leucine Ethyl Ester	**
Total Carbohydrate	62g	17%*	N-Acetyl Leucine	**
Sugars	24g	**	Volubolic Amino Blend	7000mg	**
Protein	25g	49%	Taurine	**
Riboflavin	210mcg	12%	Glutamine Alpha Ketoglutarate (AKG)	**
Calcium	150mg	15%	L-Phenylalanine	**
Magnesium	26mg	10%	Citrulline Malate	**
Sodium	160mg	7%*	Creabolic Complex	3000mg	**
Potassium	115mg	3%	Creatine Monohydrate	**
			Magnesium Creatine Chelate	**
Torrent Proprietary Blend	15,000mg		Creatine Gluconate	**

*** Percent Daily Value based on a 2000 calorie diet. **No Daily Value established**

OTHER INGREDIENTS: Sonnebalm Matrix (D-glucose, waxy maize, multicarbohydrate), protein blend (whey protein concentrate (providing 6+ 1H+, chips+ and isolate)(lecithin), whey protein hydrolysate), malic acid, natural and artificial green apple flavor, citric acid, lecithin, sodium chloride, Red #40 lake, dimagnesium phosphate, sucralose, acesulfame potassium, potassium phosphate, and FD&C Blue #1. Contains Milk and Soy. Made in a GMP facility or equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

INGREDIENT NOTES: Creatine MagnaPower® is a registered trademark of Albion Laboratories, Inc., and is covered by U.S. Patent # 7,114,376 and patent pending. Creapure® Brand Creatine is an exclusive product of AlzChem Trostberg GmbH Germany. Tested and proven free of impurities. U.S. Patent # 6,719,916. Citrulline Malate is licensed under U.S. Re Nos. 5,874,611 and 6,028,137.

Creapure®

USAGE: For use as a dietary supplement, take one serving of Torrent™ within 30 minutes of your workout. Mix 3 heaping scoops along with 20-28 oz. of your beverage of choice. For best results, consume Torrent™ after each training session.

WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have a medical condition, are taking medication, are pregnant or nursing, or are under the age of 18 without consulting your physician first. Do not use if you have kidney disease, liver disease, liver function high blood pressure, high cholesterol, stroke, diabetes, seizures, or are suffering from any other medical illness or disease. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediate discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations; Athletes should consult with their sanctioning authority before use. California Residents: Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

****** 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.

MADE PROUDLY IN THE U.S.A.
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UNIVERSAL

TORRENT™

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Torrent™ sets a new standard for post-workout (PWO) nutrition. Though often overlooked, this part of the bodybuilding equation is the most critical aspect in the quest to foster new growth. Properly utilizing this time is vital for inducing overall muscle mass activation. Torrent's™ formula is designed to maximize the anabolic "window of opportunity" that exists after a hard training session. After a hard workout your muscles are torn down, glycogen is depleted and your body enters a damaging catabolic state. When consumed immediately post-training, Torrent's™ proprietary blend of muscle mass activators rush to bring your body back into anabolic "green light" status, quickly repairing damaged muscle fibers while triggering fresh growth. Heightened anabolism, rapid nutrient transport, insulin potentiating, all delivered by means of a delicious post-workout growth cocktail. **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.

GREEN APPLE AVALANCHE | Dietary Supplement | Net Wt 3.28 lb (1.49kg) | Key Aminos + Creatine | Osmosulin Advanced Delivery System | Post-Workout Recovery Matrix

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