Supplement Facts

2 Scoops (91g) makes 12 fluid ounces
Servings Per Container 15

Amount Per Serving		%DV*
Calories	320	
Calories from fat	0	
Total fat	0 g	0%
Cholesterol	0 g	0%
Total Carbohydrate (100% from dextrose)	60 g	20%
Sugars	60 g	**
Protein (from whey protein isolate, glutamine, hydralyzed whey protein)	20 g	40%
Vitamin A (as beta-carotene)	2,500 IU	50%
Vitamin C (as ascorbic acid and calcium ascorbate)	400 mg	670%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as natural d-alpha tocopherol)	400 IU	1250%
Vitamin B1 (as thiamin mononitrate)	8 mg	500%
Vitamin B2 (as riboflavin)	8.5 mg	500%
Niacin (as niacinimide)	20 mg	100%
Vitamin B6 (as pyridaxine hydrochloride)	8 mg	500%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate, calcium ascorbate and whey isolates)	500 mg	50%
Magnesium (as magnesium oxide)	250 mg	65%
Zinc (as zinc oxide)	7.5 mg	50%
Chloride (as sodium and potassium chloride)	450 mg	4%
Sodium (as sodium chloride and from whey isolate)	350 mg	15%
Potassium (as potassium chloride and from whey isolate)	200 mg	6%
BCAA's† (leucine, valine, iso-leucine)	4.5 g	*
Glutamine†	6 g	*

*Daily Value Not Established
**Percent Daily Values are based on a 2,000 calorie diet.

Use Directions: Mix two heaping scoops with 12 fl. oz. of water immediately following long or exhaustive exercise.

Easy to use: Spoon mixable all natural formula is completely instantized so you don't have to fight clumps.

Other Ingredients: Natural flavors, natural color (carmine).

Contains: Milk

† Typical Amino Acid profile	
Glutamine	**6000 mg**
Isoleucine	**1399 mg**
Leucine	**2166 mg**
Valine	**1069 mg**
Tyrosine	542 mg
Threonine	1299 mg
Alanine	995 mg
Glycine	381 mg
Aspartic Acid	2041 mg
Cystine/Cystein	368 mg
Serine	997 mg
Lysine	1743 mg
Methionine	383 mg
Phenylalanine	595 mg
Proline	1135 mg
Tryptophan	326 mg
Histidine	343 mg

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Recovery Supplement

ULTRAGEN™

RS-Recovery Series

- Rapid and Complete Endurance Recovery Formula
- Refuels Exhausted Muscles and Restores Energy Levels Quickly
- Delivers Endurance-Specific Nutrients for Superior Recovery and Maximum Performance

Protein	Glutamine	BCAA's
20g	6g	4.5g

1st endurance

Tropical Punch

Natural Flavors, Sweeteners and Colors

15 Servings
Net Wt. 1365g (3.0 lb)

The Most Advanced Recovery Drink Available - Ultragen is the most advanced recovery formulation ever developed. Ultragen's breakthrough technology is designed to work synergistically to provide the right nutrients to the right place at the right time during the 30-minute "Window of Opportunity" following exercise so you can recover faster than ever before. Each serving of Ultragen delivers the levels of nutrients that have been shown in clinical research to maximize recovery and give you an extra edge over the competition.

***Endurance-Specific Proteins -** All proteins are not created equal. Ultragen contains special proteins (Whey Protein Isolate and Hydrolyzed Whey Protein) that meet the unique requirements of endurance athletes. Fast acting Whey Protein Isolate delivers high levels of anti-catabolic branch chain amino acids. Hydrolyzed Protein is enzymatically predigested in small, easy to digest, di- and tri-peptide chains that are quickly absorbed for muscular recovery. This is important because small molecule proteins are superior to the larger, hard to digest Whey Protein Concentrates that are used in most recovery products. The special proteins in Ultragen are absorbed faster and easier assuring you maximize recovery during the critical thirty-minute glycogen "window of opportunity". The result: quicker recovery, improved endurance and the ability to race at a higher level.

***Carbohydrate Catalyst: -** High glycemic carbohydrates (sugars) are rapidly absorbed by the body and are easy to digest. Glucose, which has a glycemic index of over 100, is absorbed faster than any other sugar available. Ultragen contains 60g of glucose because studies show that high glycemic carbohydrates taken after exercise create a catalyst, which increases the uptake of glutamine, branched-chain amino acids, vitamins and minerals into exhausted muscle.

***Cortisol Modulation: -** Excess cortisol levels have been shown to suppress the immune system, increase the risk of upper respiratory infections and depress levels of testosterone. In addition, excessive cortisol levels can put the body in a catabolic state- where it breaks down muscle and stores fat. Ultragen offers a synergistic blend of vitamins, minerals, co-factors, glutamine and BCAA's specifically designed to modulate the damaging effects of cortisol brought on by intense endurance training [1,2,3,4,5].

***L-Glutamine -** Intense physical exercise drains glutamine stores faster than the body can replenish them. When this occurs, the body breaks down muscles and becomes catabolic. Ultragen is formulated with 6 grams of glutamine for its anabolic and anticatabolic properties. Research has shown glutamine supports glycogen and protein synthesis and increases nitrogen retention, which means it's essential for muscle tissue repair and recovery [3,6].

***Branched Chain Amino Acid (BCAAs) -** Considered the building blocks of the body, BCAAs are important for muscle growth & recuperation. In addition to building cells and repairing muscle tissue, BCAAs form antibodies that combat invading bacteria & viruses. Your body cannot manufacture its own BCAAs so they must be supplied through your diet and supplementation routine [3,6].

***Essential vitamins, minerals and electrolytes -** Athletes, especially endurance athletes, need higher levels of specific vitamins minerals and electrolytes to help restore energy levels, fight free-radicals and maintain a healthy immune system. Ultragen provides the high-potency vitamins, minerals and electrolytes your body requires to maximize recovery [7].

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

References
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2. [illegible]
3. [illegible]
4. [illegible]
5. [illegible]
6. [illegible]
7. [illegible]