

RECOVERY[†] • GROWTH[†] • SPEED[†] • STRENGTH[†]
ENDURANCE[†] • CIRCULATION[†] • HYDRATION[†]

BCAA'S • CREATINE • GLUTAMINE • TAURINE • BEET ROOT
CARNOSYN[®] BETA-ALANINE • BETAINE • HMB • CONCENTRACE[®]

WHY WOULD YOU EAT **CLEAN** AND
THEN TAKE DIRTY SUPPLEMENTS?

CLEAN UP YOUR WORKOUT!

POST-WORKOUT is the all-in-one workout recovery supplement that's part of our **TMRFIT[™] SERIES** of **clean** sports nutrition products. It contains **NO** artificial colors, flavors, or sweeteners and is non-GMO. It's been carefully formulated to help your muscles grow, repair, and recover after intense training, and to reduce post-workout fatigue.¹

Suggested Use: Mix 1 rounded scoop with 8-10 oz of water in a glass or shaker bottle and mix well. Drink within 30-45 minutes after workout. For higher intensity workouts, additional servings may be taken. **CERTIFIED VEGAN.**

FEATURES:

BCAA'S • GLUTAMINE
CREATINE • TAURINE
CARNOSYN[®] BETA-ALANINE
BEET ROOT • BETAINE • HMB
CONCENTRACE[®]

BENEFITS:

RECOVERY[†] • GROWTH[†] • SPEED[†]
STRENGTH[†] • ENDURANCE[†]
CIRCULATION[†] • HYDRATION[†]

NOTICE: Consult a health care professional prior to use if you are pregnant, nursing, under the age of 18, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications. **KEEP OUT OF REACH OF CHILDREN.**



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r-M6Y15



¹ 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.



40 SERVINGS!

**POST
WORKOUT**

SUPERCHARGED WITH CONCENTRACE[®]
NO ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS

CLEAN UP YOUR WORKOUT!



RECOVERY[†]



STRENGTH[†]



ENDURANCE[†]

STRAWBERRY LEMONADE
FLAVOR

NON-GMO

liqujmins[™]

NET WT 16.2 OZ (460g) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 rounded scoop (11.5g)
Servings Per Container 40

Amount Per Serving	1 Scoop		2 Scoops	
	%DV		%DV	
Calories	20		35	
Total Carbohydrate	5g	2%*	9g	3%*
Sugars	1g		2g	
Calcium	25mg	3%	50mg	5%
Magnesium (from Concentrace [®])	15mg	4%	30mg	8%
Sodium	5mg	<1%	5mg	<1%
BCAA 3:1:1 Blend L-Leucine, L-Isoleucine, L-Valine.	2.5g	†	5g	†
CarnoSyn [®] Beta-Alanine	500mg	†	1g	†
L-Glutamine	1g	†	2g	†
Betaine	750mg	†	1.5g	†
Taurine	500mg	†	1g	†
Creatine Monohydrate	500mg	†	1g	†
AAKG L-Arginine	250mg	†	500mg	†
Beet Root Powder	250mg	†	500mg	†
HMB (as Calcium Beta-Hydroxy-Beta-Methylbutyrate)	250mg	†	500mg	†
Concentrace [®] Electrolyte Blend	250mg	†	500mg	†

A complex of over 72 naturally occurring ionic trace minerals from the Great Salt Lake.

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Tapioca starch, certified organic cane sugar, natural strawberry and citrus flavors (lemon, lime), citric acid, stevia leaf extract, silica.

Allergen Info: contains no known allergens. **GLUTEN FREE.**

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn[®].

