

THE CLOCK IS TICKING – MAKE IT COUNT – AFTER GLOW

Prolonged muscle soreness, fatigue, reduced and/or plateaued progress are some of the signs of poor muscle recovery. Post workout nutrition is arguably the most misunderstood time of the day. Research continues to show ten (10) pathways to support the most complete recovery. Don't waste another workout. Feed your body with the "10 Recovery Products in 1" technology found in After Glow.

10 RECOVERY PRODUCTS IN 1*

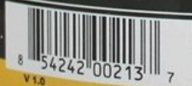
- ✓ Protein
- ✓ BCAA's[†]
- ✓ EAA's[†]
- ✓ Glutamine[†]
- ✓ Glycogen Fuel*
- ✓ Joint and Tendon Support*
- ✓ Electrolyte Blend
- ✓ Cortisol Control Matrix*
- ✓ Vitamins and Mineral Complex
- ✓ Antioxidant Support*

This product may reduce delayed onset muscle soreness (D.O.M.S) as a result of typical exercise when used as directed.

Warnings: This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use this product if you are pregnant or nursing. Discontinue use and immediately contact your health care professional if you experience any adverse reaction to this product. Follow label instructions and do not exceed recommendations for Suggested Use. Do not use if safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN**. Store in a cool, dry place.

*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.

The Science of Supplements: EvidenceBasedFormulary.net



13g ESSENTIAL AMINOS

BIORhythm®

AFTER GLOW

POST WORKOUT EUPHORIA

Net Weight 2.12 lbs (960 grams) | Dietary Supplement



7g BCAA & GLUTAMINE

SUGGESTED USE: As an adult dietary supplement, take one serving (see chart below) with 8-16 fl. oz of water or juice 15-30 min after physical activity. Increase or decrease liquid to achieve desired flavor and sweetness. Proceed with a post workout meal within the next 1-2 hours.

Body weight in lbs.	<140	140-240	240+
Serving Size in Scoops	1	2	3

Supplement Facts

Serving Size: 61g (Approximately Two (2) Scoops)
Servings Per Container: 16

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories	210	2:1 Recovery Whey Blend	24g **
Calories from Fat	10	Whey Protein Concentrate,	
Calories from Saturated Fat	5	Whey Protein Isolate	
Total Fat	1.5g 2%	Total Essential Amino Acids	13g **
Saturated Fat	0.5g 3%	BCAA (Isoleucine, Leucine, Valine), Lysine,	
Cholesterol	35mg 12%	Threonine, Phenylalanine, Cystine, Tyrosine,	
Total Carbohydrates	31g 10%	Methionine, Histidine, Tryptophan	
Sugars	29g 12%	Cortisol Control Matrix	6g **
Protein	20g 40%	Lysine, Threonine, Phosphatidylserine	
Vitamin C	240mg 400%	Joint and Antioxidant Support	1250mg **
Vitamin B6	9mg 576%	Taurine, Ascorbic Acid, Pomegranate Fruit,	
Vitamin B12	6mcg 100%	Cissus Quadrangularis SPE 2.5% phytosterols,	
Calcium (from Whey)	150mg 15%	Grape Seed Extract	1000mg **
Magnesium	27mg 7%	Electrolyte Blend	
Sodium	95mg 3%	Potassium aspartate, Magnesium	
Potassium	260mg 7%	glycinate chelate, Sodium chloride,	
		Pyridoxine HCl, Cyanocobalamin	

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

** Daily value not established.

Other Ingredients: Organic Evaporated Cane Juice, Citric Acid, Natural & Artificial Flavors, Soy lecithin powder, Sucralose, Acesulfame potassium (Ace-K), FD&C Red #40, Contains milk and soy.

†Amino acids are based on both free form and protein bound.
Manufactured for Exclusive Supplements, Inc. 1-866-429-2600 Coraopolis, PA biorhythm.us