

There are no secrets to recovery – no special tricks you can use. There are, however, time-tested and critical components to growth, such as excellent post-workout nutrition, timed properly, in an effective delivery system. And to that end, there is the brand-new, reformulated Core PWO. †

Our new matrix takes the premise behind the original PWO – combining fast-acting protein and carbohydrate sources – and improves on the idea in a massive way. We've not only added Carb10™ and Cluster Dextrin®, two balanced-insulin response carb sources (each with less bloat and discomfort than maltodextrin), but Velositol® as well – the true star of the show. Clinical research using Velositol® demonstrates that, combined with whey and carbs, it adds some serious horsepower to the protein synthesis process. We also add a heaping serving of free-form L-leucine (5g) to augment the power of Velositol®. †

Together, our changes and these new ingredients have made the best post-workout recovery matrix somehow even better. †

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Add 2 scoops to 8-16 ounces of cold water (according to preferred thickness and flavor) and shake or stir until mixed. Consume immediately after training.

†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.



 **Crush It®**

- » Protect from heat, light and moisture
- » Store at 10-25°C (50-77°F)



CORE
NUTRITIONALS

PWO

POST-WORKOUT RECOVERY MATRIX

GLUTEN
FREE

NON-GMO
WHEY
ISOLATE

SUPERIOR
RECOVERY
CARB MATRIX

INCREASED PROTEIN
SYNTHESIS
(VELOSITOL®)†

ADDED
FREE-FORM
L-LEUCINE

GOURMET
TASTE

PEANUT BUTTER TOFFEE
NATURALLY FLAVORED
DIETARY SUPPLEMENT • NET WEIGHT 4.26 LBS (1932 G)

Supplement Facts

Serving Size: 2 scoops (69g)

Servings Per Container: 28

	Amount Per Serving	% Daily Value
Calories	249	
Total Fat	1 g	5%*
Cholesterol	10 mg	3%*
Total Carbohydrate	36 g	13%*
Total Sugars	19 g	**
Protein	24 g	48%*
Calcium	80 mg	6%*
Chromium (as Chromium Histidinate, Chromium Picolinate)	1 mg	2857%*
Sodium	61 mg	3%*
Potassium	88 mg	2%*
Free-Form L-Leucine	5 g	**
Velositol® (Chromium/Amylopectin Complex)	2 g	**

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

INGREDIENTS: Recovery Carb Blend (Dextrose, Legume-Based Starch Derived from *Pisum sativum* (Peas) as Carb10™, Cluster Dextrin®), Cold-Processed Microfiltered Non-GMO Whey Protein Isolate, Peanut Flour, Free-Form L-Leucine, Velositol® (Chromium/Amylopectin Complex), Natural Flavors, Sucralose.

ALLERGEN INFORMATION: Contains Milk and Peanuts.

Manufactured in a U.S. cGMP Facility.
Distributed by: Core Nutritionals, LLC, Arlington, Virginia 22203,
www.CoreNutritionals.com, info@corenutritionals.com, (888) 978-2332.



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Carb10™ is a trademark of Compound Solutions, Inc.