

Recovery. The 'R' word. Thrown and kicked around like a ball. With intense training or athletic competition two key metabolic demands are created: replace fuel and provide amino acids/protein. Intense muscular work—the intensity that elevates performance and/or increases muscle mass—almost always relies upon carbohydrate as the primary fuel. Amino acids—the full spectrum of all of the essential aminos, not just branched chain aminos—are obligatory components that feed the anabolic response in muscle—for both muscle contracting proteins (strength) and muscle enzymes (endurance). Vitargo® POST™ harnesses the Same Day Recovery™ muscle refueling dominance of patented, sugar-free, and university validated Vitargo and couples it to an enzyme hydrolyzed and de-lactosed whey protein, delivering a nearly bloat-free solution to POST-training, POST-race, and POST-competition nutrition.

V MUSCLE GLYCOGEN REFUELING, UNPARALLELED—Vitargo taken after glycogen depleting exercise showed 1.7x higher/faster muscle carbohydrate replacement just 2 hours later, compared to the fastest generic carb, maltodextrin—muscle biopsy validated.¹

V SAME DAY RECOVERY™ —Train to exhaustion. Take Vitargo. Wait two hours. Go back and do an all out, 15-minute maximum effort workout. If you refueled with Vitargo you could have laid down up to 23% more muscular work (average of 10% greater) compared to maltodextrin.²

References

1. Aulin KP, et al. Muscle glycogen resynthesis rate in humans after supplementation of drinks containing carbohydrates with low and high molecular masses. Eur J Appl Physiol 2000; 81:346-51.

2. Stephens FB, et al. Post-exercise ingestion of a unique, high molecular weight glucose polymer solution improves performance during a subsequent bout of cycling exercise. J Sports Sci 2008; 26:149-54.

3. La Bounty P, et al. The effects of a starch based carbohydrate alone or in combination with whey protein on a subsequent bout of exercise performance—preliminary findings. J Int Soc Spor Nutr 2009, 6(Suppl 1):P13.

4. Moore DR, et al. Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. Am J Clin Nutr 2009;89:161-8.

5. Areta JL, et al. Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. J Physiol 2013;591:2319-31.

6. Witard O, et al. Myofibrillar muscle protein synthesis rates subsequent to a meal in response to increasing doses of whey protein at rest and after resistance exercise. Am J Clin Nutr 2014;99:86-95.

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.

V MUSCLE PROTEIN NEEDS MATCHED—Why just 20 grams of protein? Several studies in resistance-trained athletes have revealed that taking in more than 20 grams of protein (including whey protein) post-training delivers no greater muscle protein anabolic response.⁴⁻⁶ If your body weight is up to ≈ 187 lb/85 kg any additional protein intake is used as an energy source and lost in the urine. Why waste your most expensive macronutrient?

V PROTEIN DOES NOT BOOST RECOVERY PERFORMANCE—Train to exhaustion. Take Vitargo one time, and Vitargo + whey protein a different time, same workout. Wait two hours. Go back and do an all out, 15-minute maximum effort workout. In this preliminary study adding whey protein did not boost recovery performance over Vitargo alone.³ *Athletes do not recover on protein alone.*

Vitargo **POST**. Recovery refueled with the speed of the Fastest Muscle Fuel™. **Proof Before Promises®**

NO ARTIFICIAL INGREDIENTS NO ADDED SUGARS



NATURAL TANGERINE DREAM

MUSCLE FUEL AND PROTEIN RECOVERY SYSTEM

POWDERED DRINK MIX
Dietary Supplement

Not a low calorie product

Net Wt. 4.24 lbs (1,923g)



PATENTED IVg TECHNOLOGY™

rensweet®

INSTRUCTIONS

Vitargo POST is easy to mix, and deserves quick drinking!

HOW In a shaker bottle

Add 14-16 oz. of cold water to a large shaker bottle. Add 2 and one-third scoops of Vitargo® POST and shake vigorously for 10-15 seconds. **Drink—don't sip!**

In a blender

Add 14-16 oz. of cold water to a blender container. For best results add 2 and one-third scoops into a blender after water has been added, while it's blending at low-medium. Add a few pieces of ice, if desired, and blend at high speed for 10-15 seconds.

WHEN

Vitargo POST is designed for just that—post-training, post-competition, post-race, post-exhaustion. You can also add more protein powder and/or VitargoS2™ (our patented, university validated carb alone), to boost the protein and carb content, respectively (although if you weigh ≤ 187 lb./85 kg, university research indicates that protein doses more than 20 grams, at one time, are wasted). Also, feel free to add your favorite amino acids/creatine, electrolytes, or other non-carb supplements. If you are performing multiple training sessions, races, or competitions in the same day you can also use Vitargo POST as an acute substitute for protein and carbs—and enjoy super digestibility and re-fueling recovery.

For more detailed info, go to **VitargoPOST.com**

DON'T DO IT ONLY ONCE... DO IT AGAIN™

VitargoPOST.com • 877.436.7858
Innovated and marketed exclusively by Vitargo Global Sciences, Inc.
Dana Point, CA 92629 USA



Supplement Facts

Serving Size: 2 1/3 level scoops (about 107g)
Servings Per Container: about 18

	Amount Per Serving	%DV*
Calories	390	
Calories from Fat	25	
Total Fat	2.5 g	4%
Saturated Fat	1.5 g	8%
Cholesterol	65 mg	20%
Sodium	55 mg	2%
Potassium	110 mg	3%
Total Carbohydrate	71 g	24%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	20 g	40%

Calcium 14% • Magnesium 4%
Phosphorus 12%

Not a significant source of vitamin A, vitamin C, or iron.

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

INGREDIENTS: Fractionated barley amylopectin (Vitargo®) [Source: EU; not bioengineered], enzymatically hydrolyzed / de-lactosed whey protein concentrate, natural flavors, natural color (beet juice & beta-carotene; not bioengineered), citric acid, Rensweet® (natural flavors, fractionated Stevia and monk fruit extracts), lecithin (soy).

ALLERGEN INFORMATION: Contains milk, soy. GLUTEN-FREE (via ELISA testing each batch) Manufactured in the USA at a cGMP facility. Amino acid profile measured via HPLC on each batch. *NO added free amino acids*



Samples from each batch of Vitargo® POST multi-serving tubs are analyzed for substances banned by sport. For more details go to BSCG.org

Protected by US Patent 5929052 and other international patents. Vitargo® is a registered trademark of Swecarb. Rensweet® is a registered trademark of VGS. Vitargo patents and trademarks are licensed exclusively to VGS. Vitargo Inside, Vitargo POST, and Fastest Muscle Fuel are also protected by copyright.