

Since when did fitness and nutrition become so difficult? We at IRON-TEK® have gone back to the basics and crafted a system of workout supplements to help - whether you're getting fit to look good, or getting fit to get fit. Hard work. Quality nutrition. It's that simple.

Lot No:

Best by:
01A17NN



Contents packaged by weight not volume. Some settling may occur. See container for "Lot No." and "Best by" date.

Get #IronTekFit.

iron-tek.com



COCONUT FLAVOR

500 milligrams of Tart Cherry

Non-GMO

Reduces recovery time*

FITS INTO YOUR REGIMEN:

☐ Pre-Workout

☒ **Post-Workout**

☐ Everyday



DIETARY SUPPLEMENT

NET WT. 5.2 OZ. (148 g)



hydro RECOVERY

4 IN 1 BLEND OF TART CHERRY, BCAAs, ELECTROLYTES AND COCONUT WATER

IRON-TEK® Hydro Recovery, when mixed with water, is a must-have post-workout drink to support your recovery and hydration.† It contains 4 essential ingredients that will get you ready for your next workout.

- Tart cherry (CherryPURE®) reduces recovery time.†
- Branched-chain amino acids (BCAAs) promote muscle health and exercise recovery.†
- Coconut water, with potassium, plays an essential role in muscle contractions.†
- 6 Essential electrolytes replenish electrolyte minerals lost during intense workout for total hydration.†

Delicious and refreshing. With no added sugar. Consider other IRON-TEK® supplements for everyday and pre-workout.

† 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.

DIRECTIONS FOR USE: Adults, mix one (1) scoop (4.9 g) with one (1) cup (8 fl. oz./237 mL) of cold water or your favorite beverage once daily after your workout. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Amount Per Serving		% Daily Value
Serving Size One (1) scoop (4.9 g) Servings Per Container About 30		
Calories	10	
Total Carbohydrate	2 g	<1%*
Sugars	2 g	**
Thiamin (vitamin B1) (as thiamine hydrochloride)	0.27 mg	18%
Riboflavin (vitamin B2)	0.30 mg	18%
Niacin (as niacinamide)	3.6 mg	18%
Vitamin B6 (as pyridoxine hydrochloride)	0.36 mg	18%
Folate (as folic acid)	72 mcg	18%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Biotin (as d-Biotin)	54 mcg	18%
Pantothenic Acid (as calcium d-pantothenate)	1.8 mg	18%
Calcium (as calcium citrate, calcium d-pantothenate)	18 mg	2%
Phosphorus (as monopotassium phosphate)	49 mg	6%
Magnesium (as magnesium gluconate)	7 mg	2%
Chloride (as sodium chloride, pyridoxine hydrochloride, thiamine hydrochloride)	61 mg	2%
Sodium (as sodium chloride, sodium citrate)	45 mg	2%
Potassium (from coconut water concentrate, monopotassium phosphate)	200 mg	6%
Coconut Water Concentrated	2,250 mg (2.25 g)	**
CherryPURE® Tart Cherry Powder (fruit)	500 mg	**
Vegan L-Leucine	500 mg	**
Vegan L-Isoleucine	250 mg	**
Vegan L-Valine	250 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Natural coconut flavors, bio fruit extract, natural vanilla flavor, natural pineapple flavor, sunflower lecithin, silica. Contains tree nuts (coconut).
Δ. Naturally occurring sugar. **CAUTION:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. Do not accept if seal is broken. Store in a dry place between 59-86° F. Keep out of the reach of children.

This product has been manufactured at a GMP Registered facility.
CherryPURE® is a registered trademark of Shoreline Fruit, LLC.

JUST THE FACTS:

YES	GLUTEN GLUTEN-FREE BY STATE LAW
YES	GLUTEN-FREE BY STATE LAW
YES	GLUTEN-FREE BY STATE LAW
YES	GLUTEN-FREE BY STATE LAW
YES	GLUTEN-FREE BY STATE LAW

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