POST-WORKOUT NUTRITION

Extensive scientific research has shown that there is a 60-minute "window of opportunity" immediately following exercise when muscle cells are maximally primed to repair, rebuild, and adapt from a workout. Proper post-workout nutrition is a key factor in how quickly and completely your body will recover and benefit from and adapt to exercise.

P90X® RESULTS AND RECOVERY FORMULA

This formula was specially designed to provide the precise nutrients you'll need to achieve maximum results from your P90X workouts. No other recovery drink offers this unique mix of:

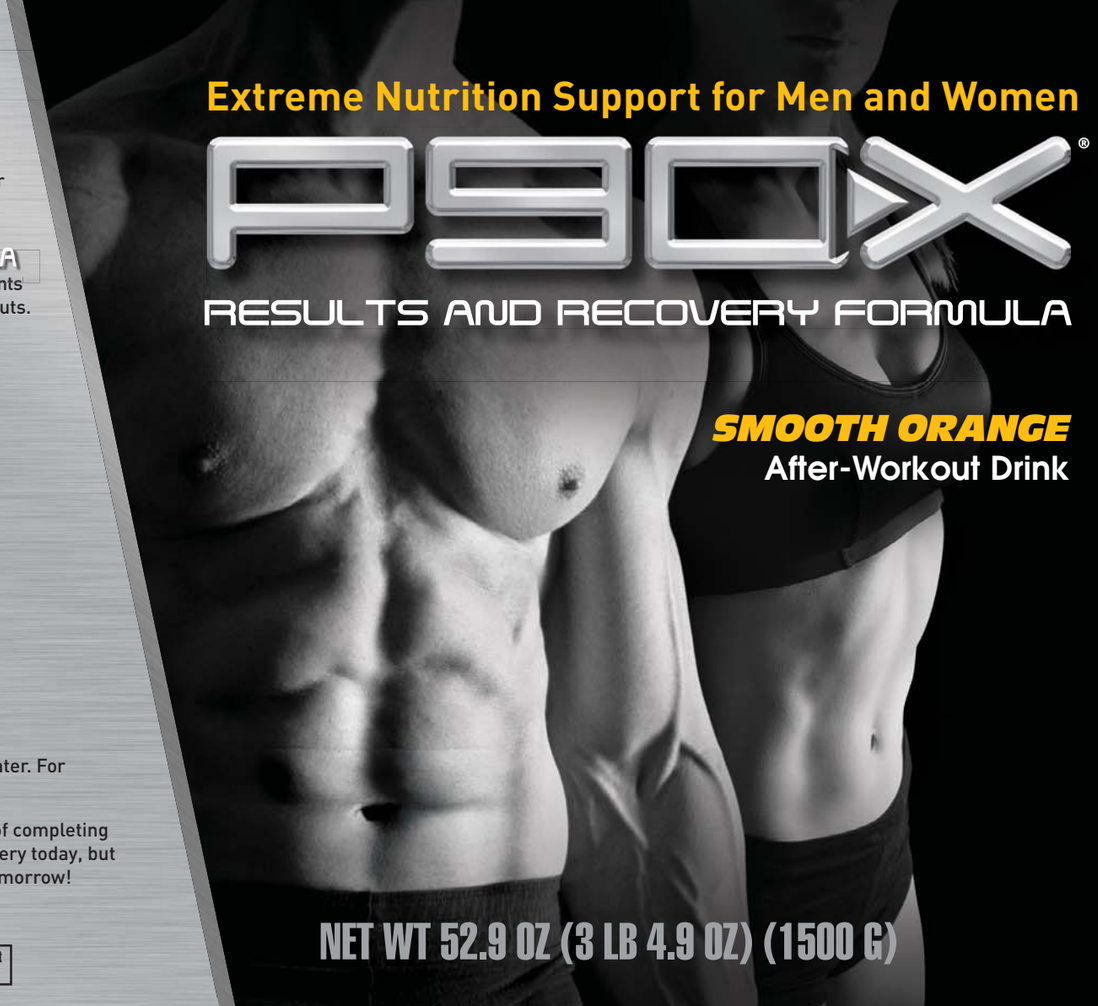
- SIMPLE AND COMPLEX CARBOHYDRATES FOR OPTIMUM ENERGY RECOVERY AND TO HELP REDUCE MUSCLE SORENESS*
- A HIGH PER‡ BLEND OF PROTEINS PROVIDING BUILDING BLOCKS FOR MUSCLE REPAIR AND GROWTH*
- GENEROUS LEVELS OF VITAMINS INCLUDING THE ANTIOXIDANT VITAMINS C AND E TO HELP REDUCE MUSCLE SORENESS AND ASSIST IN REPAIR AND GROWTH*
- A SMALL AMOUNT OF CREATINE TO BOOST PERFORMANCE WITHOUT ADDING BULK*

DIRECTIONS: Mix 2 scoops (60 grams) into 12 ounces of cold water. For maximum benefit consume within 1 hour after your workout.

Taking P90X Results and Recovery Formula within 60 minutes of completing your workout not only delivers the nutrients essential for recovery today, but it sets the stage for a more energized and improved workout tomorrow!

‡Protein Efficiency Ratio.

*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.



Extreme Nutrition Support for Men and Women

P90X®

RESULTS AND RECOVERY FORMULA

SMOOTH ORANGE
After-Workout Drink

NET WT 52.9 OZ (3 LB 4.9 OZ) (1500 G)

Decide. Commit. Succeed.®

For maximum benefit, consume within 1 hour after your workout.

The P90X Results and Recovery Formula will benefit anyone involved in any fitness program, and was created as an integral part of the comprehensive P90X Extreme Home Fitness System.

If you are a member of the Million Dollar Body™ community, contact your Coach for information and support or log in at MillionDollarBody.com.

For Beachbody and Million Dollar Body Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.

BEACHBODY®

Nutrition Facts

Serving Size: 2 Scoops (60 g)
Servings Per Container: 25

Calories 220 — Calories from Fat 15

	Amount Per Serving	% Daily Value**
Total Fat	2 g	3%
Saturated Fat	0.5 g	2.5%
Cholesterol	30 mg	10%
Sodium	150 mg	6%
Potassium	147 mg	4%
Total Carbohydrate	39 g	13%
Dietary Fiber	<1 g	3%
Sugars	36 g	†
Protein	10 g	20%

Vitamin A	60%	•	Vitamin B6	30%
Vitamin C	750%	•	Vitamin B12	30%
Vitamin E	1,333%	•	Calcium	5%
Thiamin	30%	•	Phosphorus	7%
Riboflavin	30%	•	Magnesium	60%
Niacin	30%	•		

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

Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Every serving also contains:

L-Arginine	700 mg
L-Glutamine	500 mg
Creatine Monohydrate	500 mg

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Fructose, whey protein concentrate, dextrose, maltodextrin, natural and artificial flavors, citric acid, carageenan gum, d-alpha tocopheryl acetate, l-arginine, ascorbic acid, creatine monohydrate, l-glutamine, lecithin, magnesium oxide, sodium chloride, potassium phosphate, beta carotene, niacinamide, pyridoxine HCL, riboflavin, thiamine mononitrate, and cyanocobalamin.

STORAGE: Store in a cool, dry place.

WARNING: As with any supplement, herb, or medication, do not use any Beachbody supplement, food product, or meal replacement product while pregnant or provide to a child without consulting a physician. Use products only after consulting your physician about your specific health needs. Keep out of reach of children.

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P9XLBL300 / SUP RECO 30 Rev. 09/07