

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 P.E.R.\* 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



RESULTS AND RECOVERY FORMULA®

NEW & IMPROVED

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.

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 Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com.

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

Made in USA.



Nutrition Facts

Serving Size: 2 Scoops (60 g)			
Servings Per Container: 25			
Calories 220		Calories from Fat 10	
	Amount Per Serving	% Daily Value**	
Total Fat	1 g	2%	
Saturated Fat	0.5 g	3%	
Cholesterol	20 mg	7%	
Sodium	150 mg	6%	
Potassium	155 mg	4%	
Total Carbohydrate	40 g	13%	
Dietary Fiber	<1 g	<4%	
Sugars	26 g	†	
Protein	10 g	20%	
Vitamin A	60%	• Riboflavin	30%
Vitamin C	750%	• Niacin	30%
Calcium	6%	• Vitamin B6	30%
Iron	0%	• Vitamin B12	30%
Vitamin E	500%	• Phosphorus	9%
Thiamin	30%	• Magnesium	60%
**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

ALLERGEN INFORMATION: Contains milk (as whey) and corn (as maltodextrin).

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before beginning any exercise program or using any supplement or meal replacement program, especially if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs or restrictions. Keep out of reach of children or others who require supervision.

Formulated and exclusively distributed by Beachbody, LLC, Santa Monica, CA 90404

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INGREDIENTS: Dextrose, maltodextrin, whey protein concentrate, natural orange flavors, citric acid, carageenan gum, L-arginine, L-glutamine, creatine monohydrate, tartaric acid, lecithin, magnesium oxide, potassium phosphate, stevia extract, lohan fruit extract.