

Pre/Post Workout

Formula and Meal Replacement



WHAT IS IT?

- A whey protein and carbohydrate powder mix designed to be consumed before exercise to fuel muscles or after workouts to replenish energy stores

WHO IS IT FOR?

- Anyone looking for a convenient, high quality, rapid digesting formula for before and after workouts or as a meal replacement



WHAT ARE THE BENEFITS?

- Maximizes energy
- Accelerates recovery
- Satisfying meal replacement

WHAT MAKES THIS PRODUCT UNIQUE?

- Four stage protein complex - 21 grams and 240 calories per serving
- Contains a 1.5 to 1.0 ratio of fast acting carbohydrates to protein
- Each serving provides 200 mg of calcium and 170 mg of potassium
- Manufactured in a regularly inspected NSF Certified facility with Good Manufacturing Practices.

