

THE BIGGER PICTURE OF RECOVERY

What you eat, when you eat it, and how much you eat has a dramatic effect on your performance. But, not all nutrient combinations work equally well. Our 2:1:1 Recovery™ formula is based upon the latest science demonstrating that blending different types of carbs and proteins maximizes absorption and leads to better results than the use of larger amounts of any single type. Hydrolyzed whey, micellar casein, and egg albumen proteins provide immediate and sustained amino acid delivery for repair and rebuilding, while the precise ratio of simple sugars and rapidly-digesting carbs in 2:1:1 Recovery™ helps refuel and replenish hard-working muscles. And with 5 grams of added BCAAs in the proven 2:1:1 ratio of leucine to isoleucine and valine to stimulate muscle protein synthesis, there's no question that 2:1:1 Recovery™ is an indispensable part of every serious athlete's routine.

THE BIGGER PICTURE™
WWW.OPTIMUMNUTRITION.COM



THE RAPID RECOVERY RATIOS

2:1:1 CARBOHYDRATE RATIO

- > 2 x Glucose Polymers + Waxy Maize Starch
- > 1 x Sucrose
- > 1 x Fructose

2:1:1 PROTEIN RATIO

- > 2 x Hydrolyzed Whey Protein Isolate
- > 1 x Micellar Casein
- > 1 x Egg Albumen

2:1:1 BCAA RATIO

- > 2 x Leucine
- > 1 x Isoleucine
- > 1 x Valine

BEYOND THE BASICS

- > 2:1 ratio of carbohydrates to proteins
- > Optimal CARB COMBINATION for FASTEST ABSORPTION
- > Blends FASTER, intermediate, and slower acting PROTEINS for sustained amino acid delivery
- > Loaded with HYDROLYZED WHEY PROTEIN ISOLATES
- > FORTIFIED with 5 GRAMS of ADDED BRANCHED CHAIN AMINO ACIDS (BCAAs)

Carefully Manufactured
in the by:

Sunrise, FL 33325
Consumer Affairs
(630) 236-0097
optimumnutrition.com
©2007 OPTIMUM NUTRITION, INC



COLOSSAL CHOCOLATE

Naturally and Artificially Flavored

2:1:1 RECOVERY™

RAPID REPLENISHMENT & RECOVERY FORMULA

35G
PROTEIN

70G
FAST CARBS

16G
BCAAs

23G
ESSENTIAL AMINO ACIDS

DIRECTIONS:

SHAKER: Bringing a shaker cup with you to the gym is the best way to get a powerful dose of protein immediately after your workout. Just add 2 rounded scoops of 2:1:1 Recovery™ to your shaker cup and then pour 12-16 oz of your preferred beverage. Cover and shake for 25-30 seconds. (If you're making a 1 rounded scoop serving, just cut the amount of water or milk in half). Don't have a shaker cup? Visit www.optimumnutrition.com and order a custom shaker, or visit your local health food store or gym.

BLENDER: Add 2 rounded scoops of 2:1:1 Recovery™ to a blender filled with 12-16 oz of water, milk, or your favorite beverage. Blend for 20-30 seconds. Then add 3-4 ice cubes and blend for an additional 30 seconds. Reduce the liquid and ice by half if you are only using one rounded scoop of 2:1:1 Recovery™ powder.

SPOON STIRRED: If you forgot your shaker cup or don't have time to get out the blender, you can add 2:1:1 Recovery™ in a glass filled with cold water, milk, or your favorite beverage. If you're preparing a 2 rounded scoop serving add 12-16 oz of liquid, for a 1 rounded scoop serving use 6-8 oz. Then mix it up with a spoon for about 30 seconds or until powder is completely dissolved.

SUGGESTED USE: Based upon your body weight, activity levels, and performance goals, consume one or more scoops of 2:1:1 Recovery™ immediately after workouts.

Bodyweight (lbs)	≤ 149	150-199	200+
Serving Size (scoops)	1	1-2	2+

TIP: Consume a high-protein, high-carbohydrate whole food meal or second serving of 2:1:1 Recovery™ 2-3 hours after your post-workout recovery shake to maximize stored energy levels for your next workout.

Nutrition Facts

Serving Size	1 Rounded Scoop (56.5g)	2 Rounded Scoops (113g)
Servings Per Container	30	15
Amount Per Serving		
Calories	210	430
Calories from Fat	5	10
	% Daily Value*	% Daily Value*
Total Fat	0.5g 1%	1g 2%
Saturated Fat	0g 0%	0.5g 3%
Trans Fat	0g	0g
Cholesterol	5mg 2%	10mg 3%
Sodium	170 7%	340mg 14%
Total Carbohydrate	35g 12%	70g 23%
Dietary Fiber	<1g 2%	1g 4%
Sugars	18g	36g
Protein	17g	35g
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	15%	30%
Iron	4%	8%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: Carbohydrate Blend (Glucose Polymers, Fructose, Sucrose, Waxy Maize Starch), Protein Blend (Hydrolyzed Whey Protein Isolate, Micellar Casein, Egg Albumen, L-Leucine, L-Isoleucine, L-Valine), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Salt, Lecithin, Sucralose.

ALLERGEN INFORMATION: CONTAINS MILK, EGG, AND SOY (LECITHIN) INGREDIENTS.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

CONTENTS SOLD BY WEIGHT NOT VOLUME.

