WHY WOULD YOU EAT CLEAN AND THEN TAKE DIRTY SUPPLEMENTS?

CLEAN UP YOUR WORKOUT!

POST-WORKOUT is the all-in-one workout recovery supplement that's part of our TMRFIT™ SERIES of clean sports nutrition products It contains NO artificial colors. non-GMO. It's been carefully formulated to help your muscles grow, repair, and recover after intense training, and to reduce post-workout fatique.

Suggested Use: Mix 1 rounded scoop with 8-10 oz of water in a glass or shaker bottle and mix well Drink within 30-45 minutes after workout. For higher intensity workouts, additional servings may be taken. CERTIFIED VEGAN





Trace Minerals Research P.O. Box 429 • Roy, Utah 84067 www.traceminerals.com 801-731-6051



‡ These statements have not been evaluated by the Food

FEATURES:

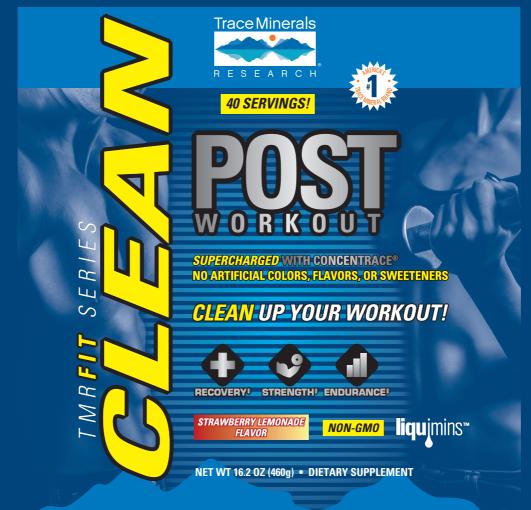
BCAA'S • GLUTAMINE **CREATINE • TAURINE** CARNOSYN® BETA-ALANINE BEET ROOT • BETAINE • HMB **CONCENTRACE®**

BENEFITS:

RECOVERY* • GROWTH* • SPEED* STRENGTH* • ENDURANCE* CIRCULATION* • HYDRATION*

prescription or OTC medications. KEEP OUT OF





Supplement Facts

Serving Size 1 rounded scoop (11.5a) Servings Per Container 40

	1 Scoop		2 Scoops	
Amount Per Serving		%DV		% D \
Calories	20		35	
Total Carbohydrate	5g	2%*	9g	3%
Sugars	1g		2g	
Calcium	25mg	3%	50mg	59
Magnesium (from ConcenTrace®)	15mg	4%	30mg	89
Sodium	5mg	<1%	5mg	<19
BCAA 3:1:1 Blend L-Leucine, L-Isoleucine, L-Valine.	2.5g	t	5g	t
CarnoSyn® Beta-Alanine	500mg	†	1g	t
L-Glutamine	1g	†	2g	t
Betaine	750mg	†	1.5g	t
Taurine	500mg	†	1g	t
Creatine Monohydrate	500mg	t	1g	t
AAKG L-Arginine	250mg	†	500mg	t
Beet Root Powder	250mg	†	500mg	t
HMB (as Calcium Beta-Hydroxy-Beta-Methylbutyrate)	250mg	†	500mg	t
ConcenTrace® Electrolyte Blend A complex of over 72 naturally occurring ionic trace minerals fr	250mg om the Great	† Salt Lake.	500mg	†

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

Other Ingredients: Tapioca starch, certified organic cane sugar, natural strawberry and citrus flavors (lemon, lime), citric acid, stevia leaf extract, silica.

Allergen Info: contains no known allergens. GLUTEN FREE.

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosvn.com and registered trademark CarnoSyn®.

