## THE OBJECTIVE:

EAAS STANDS FOR ESSENTIAL AMINO ACIDS - THIS MEANS YOU CAN'T LIVE WITHOUT THEM. THEY DO ALL OF THE HEAVY LIFTING WITH REGARDS TO MUSCLE REPAIR AND RECOVERY. WITH THE ESSENTIAL AMINO ACIDS FOUND IN GRUNT YOU CAN NOW LEAVE THE HEAVY LIFTING OF REPAIR AND RECOVERY SUPPORT TO US.



TO GET THE MOST OUT OF GRUNT, WE SUGGEST AT LEAST (1) SERVING DURING TRAINING AND (1) SCOOP IMMEDIATELY POST WORKOUT. FOR OPTIMAL FLAVOR, WE SUGGEST MIXING (1) SERVING OF GRUNT WITH 8-10 OZ OF WATER OR YOUR FAVORITE BEVERAGE.





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