

AFTER-WORKOUT DRINK

®
ISO
DRINK

RESULTS AND RECOVERY FORMULA



**HELPS REDUCE SORENESS
REPLENISH NUTRIENTS
RESTORE ENERGY***

SMOOTH ORANGE

Single-serving packet

NET WT 2.1 OZ (60 G)

Nutrition Facts

Serving Size: 2.1 oz (60 g) (1 packet)
Servings Per Container: 1

Calories 220 Calories from Fat 15

	Amount Per Serving	% Daily Value**	
Total Fat	2 g	3%	
Saturated Fat	0.5 mg	2.5%	
Cholesterol	30 mg	10%	
Sodium	150 mg	6%	
Potassium	147 mg	4%	
Total Carbohydrate	39 g	13%	
Dietary Fiber	<1 g	3%	
Sugars	36 g	†	
Protein	10 g	20%	
Vitamin A	60%	• Vitamin B6	30%
Vitamin C	750%	• Vitamin B12	30%
Vitamin E	1,333%	• Calcium	5%
Thiamin	30%	• Iron	0%
Riboflavin	30%	• Phosphorus	7%
Niacin	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	500 mg

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

DIRECTIONS: Add contents of P90X®
Results and Recovery Formula packet to
12 fl oz of cold water. Stir or blend until
smooth.

STORAGE: Store in a cool, dry place.

INGREDIENTS: Fructose, whey protein
concentrate, dextrose, maltodextrin, natural
and artificial flavors, citric acid, carrageenan
gum, d-alpha tocopheryl acetate, L-arginine,
ascorbic acid, creatine monohydrate,
L-glutamine, lecithin, magnesium oxide,
sodium chloride, potassium phosphate,
beta carotene, niacinamide, pyridoxine
HCL, riboflavin, thiamin mononitrate,
cyanocobalamin.

WARNING: As with any supplement,
herb, or medication, do not use any
Beachbody supplement, food product, or
meal replacement product while pregnant
or provide to a child without consulting
a physician. Use products only after
consulting your physician about your
specific health needs. Keep out of reach
of children.

* 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.



For best results, consume within 1 hour after your workout.

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