

AFTER-WORKOUT DRINK

P90X

RESULTS AND RECOVERY FORMULA

SMOOTH ORANGE
Single-serving packet



Nutrition Facts

Serving Size: 2.1 oz (60 g) (1 packet)	
Servings Per Container: 1	
Calories 220	
Calories from Fat 15	
Total Fat	2g
Saturated Fat	0.5 mg
Cholesterol	30 mg
Sodium	150 mg
Potassium	147 mg
Total Carbohydrate	39 g
Dietary Fiber	<1 g
Sugars	36 g
Protein	10 g
Vitamin A	60%
Vitamin C	750%
Vitamin E	500%
Thiamin	30%
Riboflavin	30%
Niacin	30%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs:	
Total Fat	Less than 80g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Potassium	3,500mg
Total Carbohydrate	300g
Dietary Fiber	25g
Protein	50g
Every serving also contains:	
L-Arginine	700 mg
L-Glutamine	500 mg
Creatine	500 mg
Calories per gram:	
Fat	9
Carbohydrates	4
Protein	4

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

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* 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.

INGREDIENTS: Fucose, 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, 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.

DIRECTIONS: Add contents of P90X® 12 fl oz of cold water. Stir or blend until smooth.