

P90X® RESULTS AND RECOVERY FORMULA

Beachbody Nutritionals™
Restore. Replenish. Renew.

If you're doing Power 90®, P90X®, or any demanding fitness program, complete recovery is critical to maintaining hard-earned results. Water replaces fluids but not the many essential nutrients which are utilized for energy or lost through sweat. P90X Recovery Formula is a re-hydrating, re-energizing drink that helps you recover faster and more completely so you feel refreshed and ready for every workout.



KEY BENEFITS*

- Helps you **refuel, re-energize,** and **reduce muscle soreness**
- Contains the **accepted ratio** of four parts carbohydrates to one part protein to support **speedy and complete recovery**
- Simple and complex carbohydrates to support **optimum blood sugar and glycogen replenishment**
- A high Protein Efficiency Ratio (PER) protein blend to provide critical amino acid building blocks for **rapid muscle** repair and growth
- **Vitamins,** including **antioxidants,** which assist in tissue repair and growth
- Available in a 25-serving canister or convenient single-serve packets for **on-the-go** use

USAGE

Mix two scoops or one packet with 12 oz of cold **water** and enjoy one delicious recovery drink after every intense workout.

THE BEACHBODY® DIFFERENCE

P90X® Recovery Formula is a 3-in-1 drink that provides everything you need to replenish lost fluids, refuel with important nutrients, and recover with less soreness.*

DID YOU KNOW?

- Studies show that with proper nutrition during the first hour following a workout, you can significantly increase your body's ability to recover.
- The key component to maximizing this "window of opportunity" is a formulation of approximately 4 parts carbohydrates to 1 part protein.