



## Post-Workout Recovery

- Optimizes muscle recovery\*
- Helps minimize muscle soreness\*
- Supports overall health\*

#1701 - 34 servings - \$32.95

### S U P P L E M E N T F A C T S

**Serving Size:** 1 Tablespoon (1/2 oz)

**Servings Per Container:** 34

Amount per serving		% DV
Potassium	490 mg	24.5%
Magnesium	435 mg	108.75%

Other Ingredients: Purified Water, Honey, Herbal Extract: Chlorella, Kelp, Suma, Ginseng, Ganoderma, Schizandra, Gotu Kola, Angelica, Ginger Root, Licorice Root, Barley Grass, Chondrus C Ispus, Natural Flavors, Citric Acid, Sodium Benzoate, used as a Preservative, Xanthan Gum.

**DIRECTIONS:** Take 1 Tablespoon (1/2 oz) anytime during the day and/or after physical activity.

Loosen cap on the dispensing chamber only and squeeze bottle gently to fill measuring chamber to desired level.

## Muscle & Tissue Recovery

**SPN Workout Recovery** is a high-quality, potassium, and magnesium-rich formulation that supports overall health and post-exercise muscle and tissue recovery.\*

**SPN Workout Recovery** contains essential vitamins, minerals and other nutrients that support the body's metabolic processes involved in muscle recovery and aid in the reduction of soreness after physical activity and working out.\*

The faster you recover, the faster you can get back to working out, getting in shape, and maintaining your overall health.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.