



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.