



# POSTWORKOUT

IDLife PostWorkout is an athletic grade, nutritional supplement that supports muscle repair and growth. It provides relief from symptoms of inflammation, soreness and fatigue after intense physical activity, so you can recover faster from your workouts and give your body the essential nutrients it needs.\*

## DIRECTIONS:

Mix one stick into 8-12 ounces of water or beverage of your choice within 45 minutes after completing your workout. May consume 1-2 times per day.

## AVAILABLE FLAVORS:

- Raspberry Zest

## BENEFITS:

- No Artificial Flavors or Sweeteners
- 500 mg Glutamine
- 1000 mg Creatine
- 1000 mg D-Ribose
- 2000 mg BCAAs

## FAQs:

### WHY ISN'T THERE PROTEIN IN POSTWORKOUT?

IDLife has already developed an extremely high quality protein shake. We designed a PostWorkout product that replenishes essential electrolytes and nutrients so the body can recover and repair itself. This allows people to choose their protein source after completing their workout.

### CAN I USE POSTWORKOUT WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together.

### WHY DID IDLIFE DEVELOP POSTWORKOUT?

IDLife identifies products that people already use that can be improved in quality and safety. PostWorkout was created to provide people with an excellent option that does not contain the unnecessary ingredients found in other products.

### WHAT MAKES POSTWORKOUT BETTER THAN OTHER PERFORMANCE PRODUCTS ON THE MARKET?

This product provides everything you need and avoids ingredients that you don't need, all in the quantities that have scientifically been proven to help attain the desired outcome.

### WHAT NATURAL FLAVORS ARE IN POSTWORKOUT?

Raspberry Zest has raspberries and lemon.

### WHY DO WE USE CREATINE IN POSTWORKOUT?

It is one of the most researched supplements available and has been scientifically proven to build muscle.\*

\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

#### Supplement Facts

Serving Size: 1 Stick (11 g)  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	5 g	2%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Folate	100 mcg	25%
Vitamin B12 (as Methylcobalamin)	25 mcg	1042%
Biotin	1000 mcg	3333%
Magnesium (as Magnesium Oxide)	150 mg	36%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	3 mg	27%
Chromium (as TRAACS® Chromium Nicotinate)	100 mcg	286%
Sodium (as Sodium Chloride)	100 mg	4%
Potassium (as Potassium Citrate)	200 mg	4%
D-Ribose	1000 mg	**
L-Leucine (AjiPure®)	1000 mg	**
Creatine MagnaPower® (Magnesium Creatine Chelate)	1000 mg	**
L-Taurine	250 mg	**
L-Glutamine (AjiPure®)	500 mg	**
L-Isoleucine (AjiPure®)	500 mg	**
L-Valine (AjiPure®)	500 mg	**
Quercetin Powder (as Quercetin Dihydrate from Dimorphandra Molleis) (Bud)	100 mg	**
Co-Enzyme Q10 (as Ubidecarenone)	25 mg	**
Papain (2000 USP units/mg)	25 mg	**
Bromelain (2400 USP units/mg)	25 mg	**
BioPerine® (Black Pepper Extract) (Piper Nigrum)	5 mg	**
Coconut Water Powder	150 mg	**

\*Percent Daily Values are Based on a 2,000 Calorie Diet. \*\*Daily Value Not Established.

#### OTHER INGREDIENTS:

Maltodextrin, Natural Flavors, Citric Acid, Malic Acid, Stevia Leaf Extract, Beet Powder, Silicon Dioxide.

**Manufactured in a facility that processes egg, wheat, milk, soy, tree nut, peanut, fish & shellfish products.**

**WARNING: Contains tree nuts from coconut water powder.**