

## LivingFuel InSportRecovery®

**LivingFuel InSportRecovery®** is the most advanced, high-performance super FUEL for sports performance and recovery on earth. From the creators of the revolutionary functional superfoods LivingFuel SuperBerry®, SuperGreens, LivingProtein® and SuperEssentials® Aminos, comes LivingFuel InSportRecovery, designed to FUEL an athlete's every nutritional need for peak performance, endurance, hydration and optimal recovery before, during, and after workouts and competition.

LivingFuel InSportRecovery is one-of-a-kind highly digestible and ultra-fast-acting sports, energy and recovery drink in one. It contains broad-spectrum ultra-pure, ultra-fast-acting carbohydrates including non-corn tapioca maltodextrin, and ultra-fast-acting free-form essential acids with high-leucine Branched Chain Amino Acids, and a full-spectrum mineral, electrolyte mineral and trace mineral complex from natural Krebs Cycle bionutrients. Also included is a broad-spectrum vitamin and antioxidant complex of the highest bioavailability.

FUEL your best performance and your best recovery with LivingFuel InSportRecovery.

**Contains: Egg (egg white powder)**

**Contains NO soy, dairy, gluten, artificial colors, artificial sweeteners or artificial flavors**

### Directions

**InSport (Before and During Exercise):** For higher intensity workouts, mix 4 scoops with the ideal amount of cool water for the session and begin sipping 15 minutes before the workout. For lower intensity workouts, use 2-3 scoops. For workouts or competition beyond one hour, repeat as needed. Begin drinking 15 minutes before the workout and every 15 minutes thereafter. May consume the entire serving before the workout if desired.

**Recovery (After Exercise):** Within 15 minutes after a high intensity workout, use 4 scoops in 12+ ounces of cool water. After lower intensity workouts, use 2-3 scoops.

Exclusively Manufactured  
For and Distributed By:  
Living Fuel, Inc.  
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From the makers of LivingFuel SuperEssentials® Aminos!

# LIVINGFUEL INSPO RECOVERY®

The Ultimate Super Fuel For Sport

## ULTRA PURE MAXIMUM PERFORMANCE FUEL

**Certified For Sport**

**Ultimate Performance, Endurance, Hydration and Recovery FUEL**

**Maximum ATP Enhancement**

**Ideal Carb/Protein and Carb/Free-Form Essential Amino Acid Ratios**

**Broad-Spectrum Ultra Fast-Acting Carbs + Egg White Protein**

**Ultra Fast-Acting Free-Form Essential Amino Acids with Hi-Leucine BCAAs**

**Broad Spectrum and Performance-Specific Vitamins, Minerals,**

**Trace Minerals, Antioxidants**

**Ultra Pure-Highest Bio-Availability**

Net Wt. 13.58 oz (385g)

www.livingfuel.com

Certified



For Sport

## Supplement Facts

Serving Size: 4 level scoops (38.5g)  
Servings Per Container: 10

	Amount Per Serving	% Daily Value*
<b>Calories</b>	110	6%
<b>Total Carbohydrate</b>	22 g	7%
Sugars	15 g	**
<b>Protein</b>	5 g	10%
<b>Vitamin C</b> (as calcium, magnesium & zinc ascorbates)	90 mg	150%
<b>Vitamin D</b> (as cholecalciferol)	400 IU	100%
<b>Vitamin E</b> (as d-alpha-tocopheryl acetate, mixed tocopherols)	10 IU	33%
<b>Vitamin K</b> (as phytonadione)	50 mcg	63%
<b>Thiamin</b> (as thiamine cocarboxylase)	0.5 mg	33%
<b>Riboflavin</b> (as riboflavin-5-phosphate)	0.5 mg	29%
<b>Niacin</b>	5 mg	25%
<b>Vitamin B6</b> (as Pyridoxal-5-phosphate)	1 mg	50%
<b>Folic Acid</b> (as calcium folinate)	100 mcg	25%
<b>Vitamin B12</b> (as methylcobalamin)	50 mcg	833%
<b>Biotin</b>	100 mcg	33%
<b>Pantothenic Acid</b> (as calcium pantothenate, panthethine)	30 mg	300%
<b>Calcium</b> (as ascorbate, phosphate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	165 mg	17%
<b>Magnesium</b> (as ascorbate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	95 mg	24%
<b>Zinc</b> (as ascorbate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	5 mg	33%
<b>Selenium</b> (as L-selenomethionine)	50 mcg	71%
<b>Copper</b> (as copper citrate)	0.1 mg	5%
<b>Manganese</b> (as fumarate, malate, succinate, alpha ketoglutarate, citrate)	0.5 mg	25%
<b>Chromium</b> (as chromium histidinate arginine)	20 mcg	17%
<b>Molybdenum</b> (as fumarate, malate, alpha ketoglutarate, citrate)	5 mcg	7%
<b>Chloride</b> (as sodium chloride)	150 mg	4%
<b>Sodium</b> (as sodium chloride)	210 mg	9%
<b>Potassium</b> (as bicarbonate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	420 mg	12%
<b>SuperEssentials® Aminos Proprietary Complex</b>	6 g	**
Creatine, L-Leucine, L-Lysine HCl, L-Phenylalanine, L-Valine, L-Isoleucine, L-Threonine, Glutamine, L-Arginine, L-Histidine, Glycine, L-Methionine, L-Tryptophan, N-Acetyl-Cysteine, Glutathione		
<b>Methylsulfonylmethane (MSM)</b>	250 mg	**
<b>ElevATP®</b>	150 mg	**
<b>Choline</b> (as choline bitartrate)	25 mg	**
<b>Green Tea (leaf) Extract</b> (9% Polyphenols)	10 mg	**
<b>Inositol</b>	10 mg	**
<b>Quercetin</b>	10 mg	**
<b>Grape Seed, Stem, and Fruit Extract</b>	10 mg	**
<b>Alpha Lipic Acid</b>	5 mg	**
<b>Coenzyme Q10</b>	5 mg	**
<b>tocotrienols</b>	2.5 mg	**
<b>Boron</b> (as boron citrate aspartate glycinate)	750 mcg	**
<b>Silica</b> (as Horsetail (stem) Extract)	500 mcg	**
<b>Vanadium</b> (as ascorbate, fumarate, malate, succinate, alpha ketoglutarate, citrate)	10 mcg	**

\*Percent Daily Values are based on a 2,000 calorie diet

\*\*Daily Value Not Established

**Other Non-GMO Ingredients:** egg white powder, orange juice powder, dextrose, organic cane juice powder, tapioca-maltodextrin, cranberry fruit powder, fructose, lemon fruit powder, beet root powder, d-ribose, natural flavors, rebaudioside A (stevia leaf extract)