

YOU JUST DID THE *best* THING FOR YOUR *body* ... DRINKING THIS RECOVERY SHAKE

WHY?

Your body needs to recover quickly following a workout or your workout may have been a waste of time. We know that is a bold statement, but it is true. Millions of people workout hard and never see any real changes with their bodies because they get the nutrition wrong. Don't be like them — GET NUTRITION RIGHT.

WHAT DO WE MEAN?

Calories ingested within 30 minutes post-workout are not used the same way as the rest of the calories are used throughout the day. Post-workout calories refuel the glycogen (stored sugar) that your body used during exercise. Even if you are trying to burn fat, you need to replace calories NOW.

Lots of people just drink water after a workout. This mistake forces your body into a catabolic (muscle-wasting) state which means that you are burning muscle for energy instead of carbs (and certainly not fat!) Lower muscle mass means you will have a lower metabolism. Over time this makes it harder and harder to burn fat because you have less muscle to keep your metabolism high. Drinking a post-workout Recovery Shake will quickly provide energy, keep your metabolism high and in turn burn fat and build muscle. The secret is paying attention to what you did (calories you burned) while you exercised and replacing those calories in your post-workout Recovery Shake.

WHAT'S IN *this shake?*

Because post-workout calories are so important, we wanted to make sure that every ingredient in our shakes is pure and natural. Everything here at our juice bar is now 100% real and free from synthetic sweeteners and artificial additives. We say that we have the purest and most beneficial shakes found anywhere - GUARANTEED! Not only do we want you to achieve your goals, but we want you around for a long, long time. Remember, nutrition is 80% of the battle. Drink your Recovery Shake within 30 minutes of your workout, and then time your next whole-foods based, healthy meal for one hour later. Enjoy your results, and enjoy your new body.

eat well!

PROJECT: PFC
MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again". Eat Well. Live Well (and Long).

