



Recovery/Post-Workout Fuel

- “Supplements”
 - RTD shakes
 - Protein powders mixed with juice, milk, smoothies, or sports drink
 - Sports bars & fluids

MET-RX
ENGINEERED NUTRITION®



- “Real food”
 - Chocolate milk
 - Sandwich & juice
 - Trail mix & Gatorade
 - Yogurt, granola bar, juice box

