

TOO FIT[®]

- NATURALLY AWESOME -

POST

WE ONLY DO NATURAL.
WE ONLY DO AWESOME.

What's not in the POST is just as important as what's in it. It's our mission to always craft the cleanest supplements.

- X** NO SUGAR
- X** NO FILLERS
- X** NO ARTIFICIAL SWEETENERS
- X** NO PRESERVATIVES
- X** NO MAGNESIUM STEARATE
- X** NO ACESULFAME-K
- X** NO ARTIFICIAL COLORS
- X** NO ARTIFICIAL FLAVORS
- X** NO BANNED SUBSTANCES

Supplement Facts

Serving Size 1 Packet (65 g)
Servings per container: 10

	Amount per serving	% Daily Value*
Calories	190	
Total Fat	2 g	3%
Saturated Fat	2 g	10%
Cholesterol	30 mg	10%
Total Carbohydrates	20 g	7%
Total Sugars	1 g	
Dietary Fiber	500 mg	2%
Protein	20 g	40%
Calcium	40 mg	3%
Magnesium	200 mg	50%
Sodium	220 mg	9%
Pea Starch (Carb 10™) (from Pisum sativum)	20 g	†
Organic Whey Protein Concentrate (from milk)	12.5 g	†
Collagen Peptides (from Pasture-Raised Bovine Hide)	11 g	†
Branched Chain Amino Acids (Inst Aminos™)	5 g	†
L-Leucine (2.5 g)		†
L-Isoleucine (1.25 g)		†
L-Valine (1.25 g)		†
L-Glutamine (Kyowa Quality®)	5 g	†
Medium Chain Triglycerides (MCTs) (from Coconut Oil)	3 g	†
Magnesium Creatine Chelate (Creatine MagnaPower®)	2.5 g	†
Beta-Alanine (CarnoSyn®)	1.6 g	†
Curcumin Complex (CPRO-50 Rice)	600 mg	†
Organic Brown Rice Protein		†
Curcumin (from Turmeric root, Curcumin longa L.)		†
Tart Cherry Powder (CherryPURE®) (from Prunus cerasus)	480 mg	†
Aloe Vera Gel Powder	25 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

†Daily Value Not Established

Other Ingredients: Natural Flavors, Sodium Bicarbonate, Silica, TICorganic® Organic Agave Inulin, Cinnamon, TICorganic® Non-GMO Gum Blend (Organic Gum Acacia, Organic Guar Gum, Ticaxan® Xanthan Gum) Monk Fruit Extract, Stevia.

Contains: Milk, Treenuts (Coconut)

Only the Finest Ingredients



TOO FIT[®] POST INGREDIENTS

- NATURALLY AWESOME -



Carb10™

All carbs are not created equal. Carb10™ is a healthy, plant-based, low-glycemic carbohydrate that replenishes glycogen (fuel source stored in muscle that gets depleted after aerobic and anaerobic exercise). Low osmolality enables Carb10™ to speed through the stomach and move rapidly into the large intestine where it aids the gut microbiome and replenishes muscle glycogen without causing bloating, digestive discomfort or a spike in insulin.

Suitable for Ketogenic and Low-Carb diets. | Minimal blood sugar and insulin response. 82% lower insulin response than maltodextrin. 27% lower blood sugar response than maltodextrin. | Hypoallergenic, gluten free, vegan, prebiotic.



Organic Whey Protein

Pure, 100% organic whey from the milk of grass-fed cows from family farms in Northern California. Our whey is a complete, bio-available protein that is easy to digest, fast absorbing, and helps you build and maintain muscle.

Easy to digest and fast absorbing. | Cold-processed microfiltration and small batch drying to preserve bioavailability. | Non-Denatured, biologically active protein and amino acids. | Naturally high in conjugated linoleic acid (CLA), lactoferrin, immunoglobulins, and Glutathione. | USDA Organic, Soy-free, Gluten-free, rBGH/rBST hormone free.



Collagen Peptides

Collagen is the most abundant protein in your body. It provides the infrastructure of the musculoskeletal system and ensures the health and vitality of your skin, tendon, cartilage, bones, and joints. Peptides are highly bio-available, short chain amino acids naturally derived from collagen protein. The intake of collagen ensures the cohesion, elasticity and regeneration of tendons, cartilage, bones, and joints.

Supports healthy tendons, cartilage, bones, joints. | Pasture-Raised, Grass-Fed, Non-GMO, Kosher, Gluten free.



BCAA's

Branched Chain Amino Acids (BCAAs) refers to three amino acids with similar structures that beneficially influence the muscles: leucine, isoleucine, and valine.

Accelerates protein synthesis for muscle growth & repair. | Helps reduce soreness. | Improves the use of fat for energy. | Vegan, fermented



L-Glutamine

L-glutamine is an amino acid that is a building block of protein. It is the most abundant amino acid in the bloodstream and makes up 30-35 percent of the amino acid nitrogen in your blood. It mops up ammonia, a central player in fatigue and exhaustion produced by exercise, and shuttles nitrogen between tissues where it can be used for cell growth and tissue repair.

Helps improve the body's rate of tissue repair* | Helps maintain cell volume and hydration* | Increases your body's ability to produce Glutathione and Human Growth Hormone, which helps metabolize body fat and support new muscle growth | Vegan, fermented



MCT's

"MCTs" are medium-chain triglycerides, a form of saturated fatty acid that has numerous health benefits, ranging from improved cognitive function to better weight management. MCT's help increase amino acid uptake by acting as amino acid carriers, helping assimilate proteins inside the muscle. These immediately metabolized MCT's also increase resting energy expenditure and trigger the mobilization of stored body fat enhancing thermogenesis (fat burning).

Aids in maintaining muscle mass and preventing muscle breakdown* | Enhances thermogenesis (fat burning)* | Helps prevent muscle breakdown, increase amino acid uptake, and enhance fat burning*



Creatine MagnaPower®

Creatine requires magnesium for maximum conversion to Adenosine triphosphate (ATP). The bound magnesium is also alkaline, decreasing the damaging acidic environment of the stomach and keeping the creatine molecule from becoming anabolically inert, which enhanced bioavailability and your body's ability to product energy.

Facilitates vital oxygen delivery to working muscle tissue* | Enhances strength, energy, and endurance levels* | No bloating or water retention* | Enhances muscle strength and mass*



Carnosyn® Beta-Alanine

Carnosyn® beta-alanine delivers a bio-friendly form of beta-alanine, a naturally occurring beta amino acid essential for the synthesis of muscle carnosine. Muscle carnosine acts as a buffering agent to combat the buildup of lactic acid, delaying the onset of muscle fatigue and failure.

Helps build healthy muscles and strength* | Increases muscles buffering capacity of hydrogen ions (lactic acid build up)* | Improves endurance*



Curcumin Pro® Curcumin Complex

Curcumin is derived from the turmeric root and is one of the most potent natural antioxidants and anti-inflammatory compounds in the world. CurcuminPro™, offers the highest level of natural curcumin benefits per dose than any other curcumin ingredient on the market today.

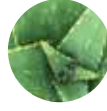
Boosts antioxidant protection* | Provides immune system support* | Improves joint function*



Tart Cherry Powder - CherryPURE®

Tart cherries are a rich source of powerful antioxidants, including kaempferol, quercetin, and anthocyanins. Anthocyanins are powerful antioxidants that can aid areas such as joint health and cardiovascular health.

Improves recovery from intense resistance and endurance training* | Freeze-dried, 100% natural and additive-free



Aloe Vera Gel Powder

Aloe Vera Powder aids in cleansing the digestive and circulatory systems of the body, which allows for greater nutrient absorption within our cells. It's rich in many of the B-vitamins, as well as folic acid, niacin, and vitamins A, C, and E.

Improves the bioavailability and absorption of ingredients* | Improves blood circulation*