



Roctane Protein Recovery

POST-WORKOUT REFUELING

Details

BEST USE

After Activity

CALORIES

230 (per serving)

VEGAN & GF

No

KOSHER

Yes



CARBS

20g (per serving)

CARBS

30mg (per serving)

SODIUM

230mg (per serving)

CAFFEINE

No

The Ingredients

PROTEIN

Whey Protein to initiate muscle tissue repair and building

CARBOHYDRATES

To replenish muscle glycogen stores

SODIUM

The primary electrolyte lost in sweat to aid in rehydration



The Flavors

Chocolate Smoothie

Vanilla Bean

Benefits

Roctane Protein Recovery Drink Mix delivers 20g of high-quality whey protein to initiate muscle tissue repair and rebuilding so you can come back stronger tomorrow. Each serving also provides fast-acting carbohydrates to replenish muscle glycogen stores along with sodium, the primary electrolyte lost in sweat, to aid in rehydration. Enjoy within 30 minutes after training or racing.