



RECOVERY MIX

SINGLE SERVINGS



Every big effort deserves a big reward. Carefully crafted to make the most of your down time, Recovery Mix delivers a delicious and optimal mix of carbs, complete protein, and electrolytes to get you back out there, stronger, faster and sooner.

DAIRY FREE | GLUTEN FREE | NON-GMO | VEGAN

ALL YOU NEED. REALLY.™



RECOVERY MIX

Containing nearly 3x more complete protein than whey protein isolate per gram, and with the optimal amount of carbohydrates to rapidly replenish depleted glycogen stores, Tailwind Nutrition Recovery Mix contains everything you need for a complete recovery. Ditch the blender, and simply mix with water to jumpstart your recovery so you can feel better faster. Tailwind's Recovery Mix also tastes like a milkshake - so much so you might be calling it your dessert after a great workout! Non-GMO, gluten free, no dairy, no soy.



CHOCOLATE RECOVERY MIX

Nutrition Facts	
1 serving per container	
Serving size 1 Packet (61g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 37g	
Includes 36g Added Sugars	72%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 440mg	10%
Magnesium 15mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DEXTROSE (GLUCOSE), CANE SUGAR, COCONUT MILK POWDER, ESSENTIAL AMINO ACIDS (L-LEUCINE, L-LYSINE, L-VALINE, L-ISOLEUCINE, L-PHENYLALANINE, L-THREONINE, L-METHIONINE, L-HISTIDINE, L-TRYPTOPHAN), ORGANIC RICE PROTEIN POWDER, COCOA POWDER, SEA SALT, POTASSIUM CHLORIDE, CALCIUM CARBONATE, MAGNESIUM OXIDE.

MANUFACTURED BY TAILWIND NUTRITION INC., 10 TOWN PLAZA # 186, DURANGO, CO 81301



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SALTED CARAMEL RECOVERY MIX

Nutrition Facts	
1 serving per container	
Serving size 1 Packet (59g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	24%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 37g	
Includes 36g Added Sugars	72%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 390mg	8%
Magnesium 5mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DEXTROSE (GLUCOSE), SUCROSE, COCONUT MILK POWDER, ESSENTIAL AMINO ACIDS (L-LEUCINE, L-LYSINE, L-VALINE, L-ISOLEUCINE, L-PHENYLALANINE, L-THREONINE, L-METHIONINE, L-HISTIDINE, L-TRYPTOPHAN), ORGANIC RICE PROTEIN POWDER, ORGANIC SALTED CARAMEL FLAVOR, SEA SALT, POTASSIUM CHLORIDE, CALCIUM CARBONATE, MAGNESIUM OXIDE.

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VANILLA RECOVERY MIX

Nutrition Facts	
1 serving per container	
Serving size 1 Packet (59g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 41g	15%
Dietary Fiber 0g	0%
Total Sugars 37g	
Includes 36g Added Sugars	72%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 390mg	8%
Magnesium 5mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DEXTROSE (GLUCOSE), CANE SUGAR, COCONUT MILK POWDER, ESSENTIAL AMINO ACIDS (L-LEUCINE, L-LYSINE, L-VALINE, L-ISOLEUCINE, L-PHENYLALANINE, L-THREONINE, L-METHIONINE, L-HISTIDINE, L-TRYPTOPHAN), ORGANIC RICE PROTEIN POWDER, SEA SALT, POTASSIUM CHLORIDE, ORGANIC VANILLA FLAVOR, CALCIUM CARBONATE, MAGNESIUM OXIDE.

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COFFEE (CAFFEINATED) RECOVERY MIX

Nutrition Facts	
1 serving per container	
Serving size 1 Packet (61g)	
Amount Per Serving	
Calories	240
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	20%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 37g	
Includes 36g Added Sugars	72%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 480mg	10%
Magnesium 10mg	2%
Caffeine 80mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DEXTROSE (GLUCOSE), SUCROSE, COCONUT MILK POWDER, ESSENTIAL AMINO ACIDS (L-LEUCINE, L-LYSINE, L-VALINE, L-ISOLEUCINE, L-PHENYLALANINE, L-THREONINE, L-METHIONINE, L-HISTIDINE, L-TRYPTOPHAN), ORGANIC RICE PROTEIN POWDER, 100% ARABICA COFFEE, SEA SALT, POTASSIUM CHLORIDE, CALCIUM CARBONATE, MAGNESIUM OXIDE.

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