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TOTAL GAME CHANGER PROTEIN

Kelechi Opara
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NIGHTTIME USE

YOU WATCH WHAT YOU EAT, take high-potency multivitamins and mix up a whey protein shake within 30 minutes of completing every workout. What can you do to further support muscle recovery? Feed your rebuilding muscles slow digested micellar casein throughout the night. Since the majority of muscle recovery takes place while you're asleep, and that time period is the longest your body goes without nutrition, enjoying a rich and creamy casein shake right before bed makes perfect sense. As ON's first all-micellar casein, Gold Standard 100% Casein™ has been a game changer from the beginning. It's still making gains as the world's best-selling casein.

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SLOW-ACTING PROTEIN AMINOGEN™ ENHANCED

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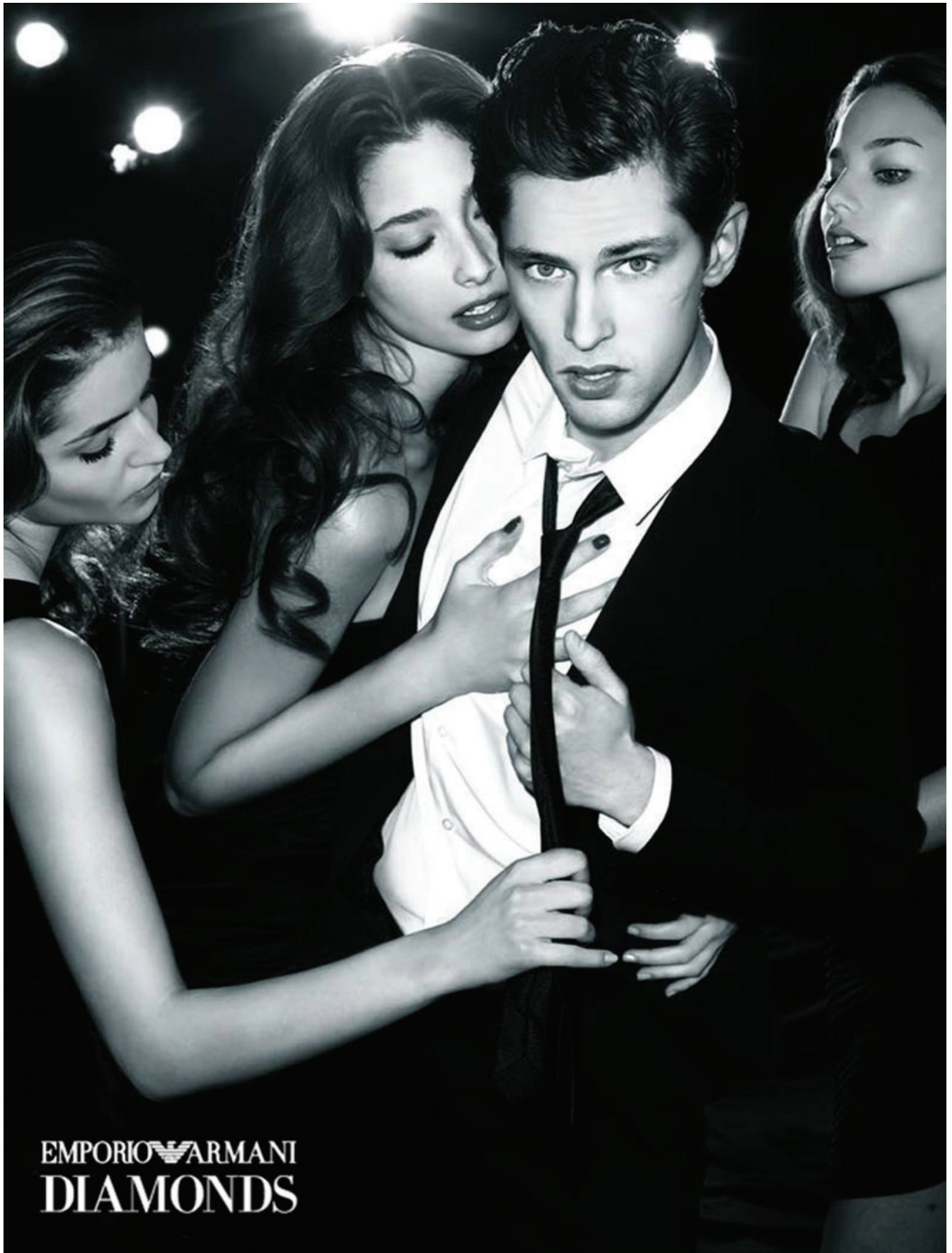
24G SLOW-RELEASE PROTEIN
10G ESSENTIAL AMINO ACIDS
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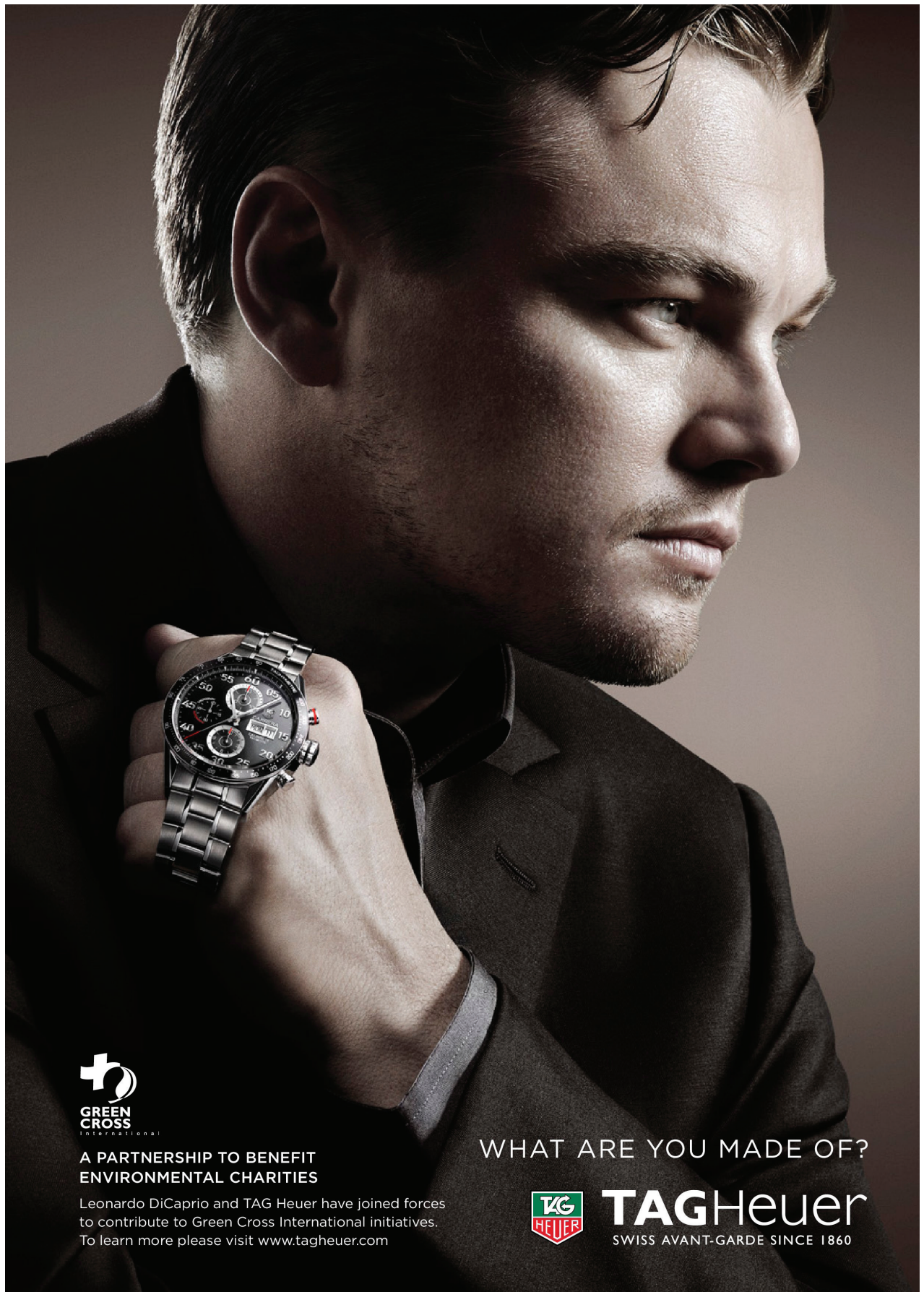
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DOESN'T

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Best Spring
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xoxo,
Cosmo

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STYLE
SECRETS!

SHE
DID
WHAT
AT
WORK?
P.137

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PS: You Could Be
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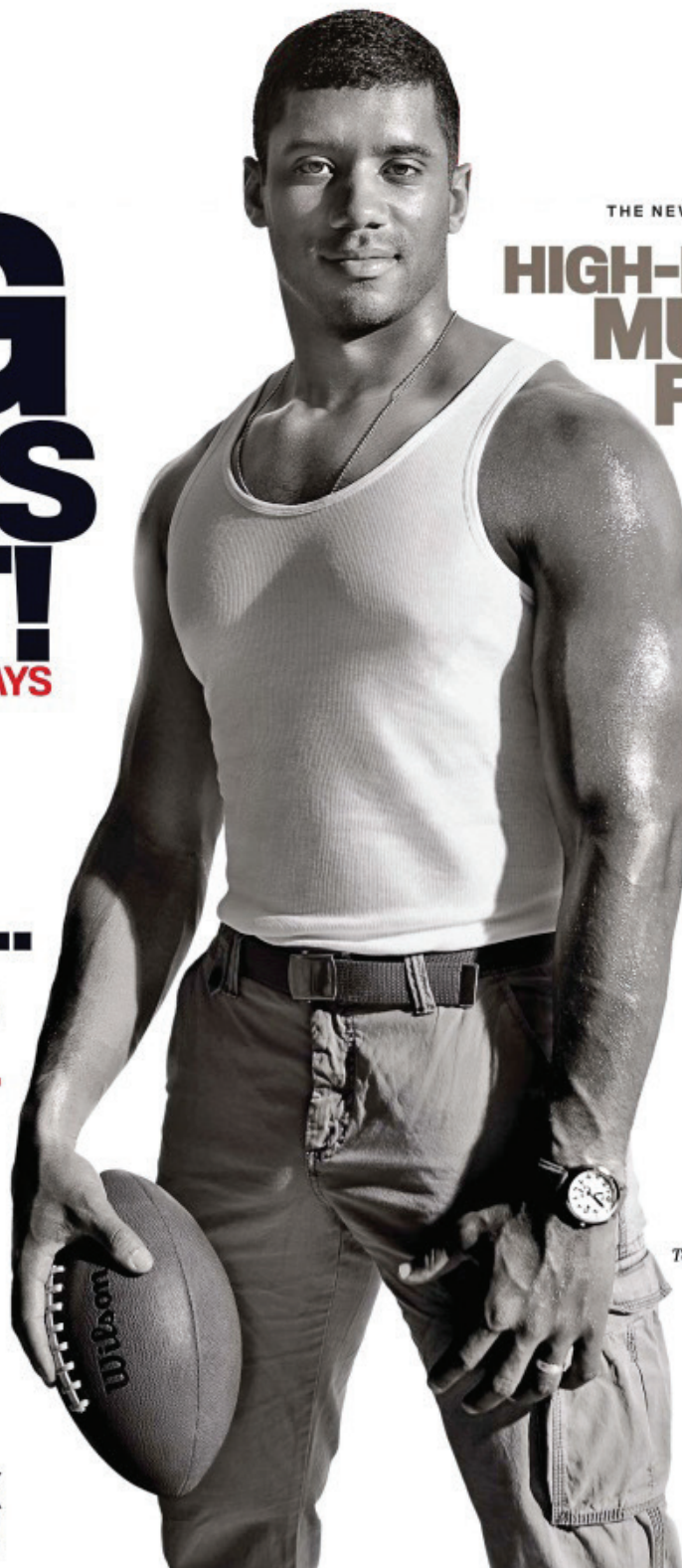
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(P.50)

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“All of me” by John Legend



‘Cause all of me
Loves all of you
Love your curves and all your edges
All your perfect imperfections
Give your all to me
I’ll give my all to you
You’re my end and my beginning
Even when I lose I’m winning
‘Cause I give you all, all of me
And you give me all, all of you, oh



“Drunk in Love”

by Beyoncé



I've been drinking, I've been drinking
I get filthy when that liquor get into me
I've been thinking, I've been thinking
Why can't I keep my fingers off it, baby? I want you, na-na
Why can't I keep my fingers off you, baby? I want you, na-na

...

I'm never tired, never tired
I been sippin', that's the only thing
That's keeping me on fire, we on fire
Didn't mean to spill that liquor all on my attire
I've been drinking, watermelon
I want your body right here, daddy, I want you, right now

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Drink responsibly.

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“UOENO”

by Rick Ross



I'd die over these Reeboks, you ain't even know it
Put Molly all in her champagne, she ain't even know it
I took her home and I enjoyed that, she ain't even know it
Got a hundred acres I live on, you ain't even know it
Got a hundred rounds in this AR, you ain't even know it





“High for this” by The Weeknd



You don't know what's in store
But you know what you're here for
Close your eyes
Lay yourself beside me
Hold tight for this ride
We don't need no protection
Come alone
We don't need attention
Open your hand
Take a glass
Don't be scared
I'm right here
Even though you don't roll
Trust me girl
You wanna be high for this