

**SUGGESTED USE:** 1 serving daily to supplement the diet with additional protein or as directed by a healthcare professional. For best results, blend with a beverage high in carbohydrates and take between meals or before or after training. Do not use this product as a meal replacement or exceed suggested use without the supervision of a healthcare professional.

### **TYPICAL AMINO ACID PROFILE PER SERVING†**

L-Isoleucine (BCAA**/***)	6.3%	L-Glycine	1.6%
L-Leucine (BCAA**/***)	10.3%	L-Threonine (EAA***)	6.7%
L-Valine (BCAA**/***)	5.4%	L-Aspartic Acid	10.5%
L-Arginine (EAA***)	2.2%	L-Tyrosine	2.8%
L-Lysine (EAA***)	10.1%	L-Proline	6.1%
L-Cystine	2.4%	L-Histidine (EAA***)	1.6%
L-Methionine (EAA***)	2.2%	L-Serine	4.6%
L-Glutamine	17%	L-Alanine	5%
L-Phenylalanine (EAA***)	3%	L-Tryptophan (EAA***)	2.3%

\*\*Branch Chain Amino Acids

\*\*\*Essential Amino Acids

†This “Typical Amino Acid Profile” represents the average ratio of amino acids naturally-occurring in whey protein isolate. These numbers can slightly fluctuate from batch to batch as with natural protein sources.

Protein is second only to water as the most plentiful substance in the human body and provides nutritional components necessary for muscle tissue, internal organs, the formation of hormones and an endless number of other bodily functions. Protein consists of “building blocks” called Amino Acids and there are 20 genetically encoded Amino Acids found in the human body. Some of these can be produced by the body while 10, known as Essential Amino Acids, must be obtained from the diet. Essential Amino Acids are found only in complete protein sources such as **WHEY PROTEIN ISOLATE**. High in protein, low in carbohydrates and with zero fat, **WHEY PROTEIN ISOLATE** contains all of the Essential as well as the 3 Branched Chain Amino Acids which help prevent the breakdown of muscle tissue during intense workouts. **WHEY PROTEIN ISOLATE** also scores very high in Biological Value (BV) which rates how well a nutrient source is utilized by the body.

**CAUTION:** Not recommended for individuals with dairy allergies. Pregnant or nursing mothers, children under 18 years of age, or anyone with a known medical condition should consult a physician before use. This product is intended to supplement the diet with additional protein and should not be used as a meal replacement. Not for use as part of a weight loss program without the direct supervision of a healthcare professional. Excessive protein intake may result in impaired kidney function.

**KEEP OUT OF THE REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**

**STORE IN A COOL, DRY PLACE.**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.