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be-BUFF™

PROTEIN & FIBER COMPLEX MIX

dietary supplement

for women
FRONT
PANEL

- Supports lean muscle tone*
- Enhances your workout*
- Increases metabolism*
- Supports beautiful hair, skin & nails*
- Includes a clinically-proven fiber
to improve regularity & help you
feel fuller longer*
- With digestive enzymes to
reduce bloating*
- Great-tasting, low-fat, low-calorie



vanilla bean
natural & artificial flavor

NET WT 12.57 OZ (357 G)

3 g Fiber / 1 g Fat / 15 g Protein / 100 Calories Per Serving

GUSSET

Place UPC
Here
0 48107 08498 1

For more information:
1-888-462-2548
SHOP NOW @ GNC.COM
Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

HAWAIIAN PARADISE PROTEIN SMOOTHIE

1/2 Frozen Banana
1/2 cup Pineapple Chunks (Canned, in Own Juice)
1 scoop be-BUFF
6 oz Orange or Mango Flavored Light Yogurt
4 to 6 Small Ice Cubes

Directions:
1. Mix all ingredients together in a blender with ice until smooth.
2. Serve in a 12 oz glass with a straw.

Serving Size: One; **Calories per serving:** 313; **Calories from Fat:** 11; **Total Fat:** 1 gram; **Saturated Fat:** 0.6 gram; **Cholesterol:** 43 mg; **Total Carbohydrates:** 52 grams; **Dietary Fiber:** 5.5 grams; **Sugars:** 33 grams; **Protein:** 20 grams; **Calcium:** 703 mg; **Sodium:** 226 mg; **Potassium:** 451 mg.

be-BUFF mixes easily in water and dissolves quickly in beverages. Here's a quick and easy recipe you are sure to enjoy!

be-BUFF is a trademark of National Enzyme Company.

Sunfiber® is a registered trademark of Taiyo International, Inc. Use of "Sunfiber" is protected by US Trademark Registration No. 2,930,933.

Other Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Soy Protein Isolate, Calcium Caseinate), Sunfiber® Partially Hydrolyzed Guar Gum, Natural and Artificial Flavors, Calcium Carbonate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Sucralose, BioCore Edge™ Blend (Proteases [from *Aspergillus oryzae*, *Aspergillus niger* and *Aspergillus melis*] and *Pepsinase* [from *Aspergillus oryzae*]).

CONTAINS: Milk, Soybeans and Wheat.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

Amount Per Serving	% Daily Value
Serving Size One Scoop (25.5g) Serving Size One Scoop (25.5g) Serving Size One Scoop (25.5g)	
Calories	100
Total Fat	1g
Calories from Fat	10
Saturated Fat	0.5g
Cholesterol	40mg
Total Carbohydrate	7g
Dietary Fiber	3g
Sugars	1g
Protein	15g
Calcium	500mg
Sodium	140mg
Potassium	110mg
Protein Blend	50.5mg
(L-Cysteine [as L-Cysteine Hydrochloride], MSM [Methylsulfonyl-methane], Hydrolyzed Gelatin, L-Methionine, Hyaluronic Acid [HA], Silica [as Silicon Dioxide], Parthenine, Lutein [as Lutein Esters])	
† Percent Daily Values are based on a 2,000 calorie diet.	

Directions: As a dietary supplement, mix one scoop (25.5g) in 8 to 12 fl. oz. of water. Mix well. Consume one to two times daily.

CODE 669722

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