

Drink 30 minutes prior to or during your workout

Recommended daily use:

Drink anytime of the day for a nutritious energy boost as part of a high-protein, low-carb diet

0% JUICE

Supplement Facts

Serving Size: 16 fl. oz. (473 mL)

Servings Per Container: 1

| | Amount Per Bottle | %DV |
|---------------------------|-------------------|------|
| Calories | 90 | 0 |
| Total Carbohydrate | 2g | 1% |
| Sugars | 0g | † |
| Protein | 20g | |
| Niacin | 40mg | 200% |
| Vitamin B6 | 10mg | 500% |
| Vitamin B12 | 9.6mcg | 160% |
| Pantothenic Acid | 10mg | 100% |
| Sodium | 45mg | 2%* |
| Caffeine | 150mg | † |

* Percent Daily Values are based on a diet of other people's secrets. Your daily values may be higher or lower depending on your calorie needs.

† Daily Value not established.

Other Ingredients: Water, Whey Protein Isolate, Phosphoric Acid, Natural Flavor, Citric Acid, Sucralose, Nicotinamide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, beta-Ala-8'-Carotene (color), Vitamin B12.

ALLERGENS: CONTAINS MILK



ME • HI 5¢ CA CRV



Please Recycle

20 grams of protein

150mg CAFFEINE

The logo for 'Whey UP protein' is displayed. 'Whey' is in a bold, yellow, sans-serif font with a black outline. 'UP' is in a large, grey, 3D-style font with a black outline. A small orange arrow points upwards from the bottom of the 'U'. The word 'protein' is written in a smaller, white, sans-serif font below 'UP'. The background is orange with white and grey diagonal stripes.

protein
+ functional energy

orange

20g of protein
2g carbs

90 calories

sugar free

b - vitamins

16 fl. oz. (473 mL.)

The logo for 'Whey Up' is located in the bottom right corner. It features the word 'whey' in a yellow, lowercase, rounded font with a thick black outline. Below it, the word 'UP' is written in a large, grey, uppercase, rounded font, also with a thick black outline. A small orange arrow points upwards from the bottom of the 'y' in 'whey' towards the 'U' in 'UP'. The background of the logo is a stylized orange and white shape.

combining 20g of
whey protein isolate
with an energy formula,
WheyUp provides the
essential supplements
needed to power
your workout.

WheyUp is also great to drink throughout the day as a way to add protein to your diet and energy to your day.

20g Protein:
loaded with naturally
occurring amino acids

Energy Formula:
a combination of
B-complex vitamins
and caffeine

wheyUp.com

Manufactured by independent
producers for
Shadow Beverages
and Snacks, LLC.
360 W. University Drive Suite 114
Tempe, Az 85281 shadowbev.com
Whey Up is a registered
trademark of
Shadow Beverages
and Snacks, LLC