Recommended use when working out:
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 2,000 calorie diet. 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, Niacinamide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, beta-Apo-8'-Carotenal (color), Cyanocobalamin.

ALLERGENS: CONTAINS MILK

ME • HI 5¢ CA CRV

Please Recycle

20 grams of protein

150mg CAFFEINE

whey UP™

protein + functional energy

orange

20g of protein
2g carbs
90 calories
sugar free
b - vitamins

16 fl. oz. (473 mL.)

whey UP™

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 occuring amino acids

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

wheyUp.com

Manufactured by independent producers for Shadow Beverages and Snacks, LLC.
1860 W. University Drive Suite 114
Tempe, Az 85281 shadowbev.com