

**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	1g	†
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.

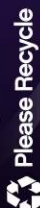
† Daily Value not established

Other Ingredients: Water, Whey Protein Isolate, Phosphoric Acid, Fruit Juice
(Grape), Natural Flavors, Citric Acid, Sucralose, Nicotinamide, D-Calcium
Pantothenate, Pyridoxine Hydrochloride, Glycerol, Aspartame.

ALLERGENS: CONTAINS MILK



ME • HI 5¢ CA CRV



20 grams
of protein

150mg CAFFEINE

**whey
UP**

protein
+ functional energy

grape

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
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.
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Tempe, AZ 85281 shadowbev.com
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