

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%
Parathyroid 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

ALLERGENS: CONTAINS MILK



ME • HI 5¢ CA CRV
Please Recycle

20 grams of protein

150mg CAFFEINE

wheyUP™

protein + functional energy

grape

20g of protein

2g carbs

90 calories

sugar free

b - vitamins

16 fl. oz. (473 mL.)

wheyUP

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. 1860 W. University Drive Suite 114 Tempe, Az 85281 shadowbev.com Whey Up is a registered trademark of Shadow Beverages and Snacks, LLC