

**STRONG, TIGHT, TONED MUSCLE IS COMPRISED,
WITH THE OBVIOUS EXCEPTION OF H₂O, PRIMARILY OF PROTEIN.**

There is little question as to why protein has once again come to the forefront with anyone who is looking to enhance their muscularity.

High quality protein supplementation is an integral part of the diets of elite athletes and body builders, and aids tremendously in general fitness gains. **WHEY ISOLATE** offers large portions of high quality protein, without the added fat, sugars, or carbohydrates. This formula makes it the perfect product to help pack muscle-building proteins into your diet. **WHEY ISOLATE** is the highest quality, most digestible, easiest mixing, best tasting whey protein ever produced.

Never before has there been a product that helps develop tight, toned muscle faster, at the same time improving and accelerating recovery from intense training and workouts. **WHEY ISOLATE** is naturally rich in glutamine and branched-chain amino acids (BCAA's), cysteine, minerals, lactalbumin, lactoferrin. **WHEY ISOLATE** contains 0g fat and is lactose and sugar free. **WHEY ISOLATE** is rich in nutrients which raise glutathione levels, a major anti-oxidant, and enhance your immune system.

Research has shown that the exact whey fractions plentiful in **WHEY ISOLATE** help increase IGF-1 (insulin-like growth factor) which

enables your body to burn fat and increase lean muscle mass at the same time.

WHEY ISOLATE incorporates very low, low, medium, and high molecular weight whey peptides. Short and long chains of amino acids bonded together by a selective hydrolysate process present the essential nutrient (nitrogen) in the most ideal condition to be absorbed and incorporated into the human metabolic process.

INSTA-PRO, NEW PROTEIN INSTANTIZING PROCESS

You won't believe how great our **WHEY ISOLATE** tastes! **WHEY ISOLATE** dissolves instantly in cold water, no mixer necessary! Just a few twirls with a spoon or a few shakes in your shaker. No more globs or clumps. *Really!* Finally you really can add **WHEY ISOLATE** to other foods such as yogurt, cereal, oatmeal, muffins, pancakes, or waffles anytime you want ultra-high quality whey protein supplementation. Since **WHEY ISOLATE** is lactose free, it is suitable for almost anyone.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



FROM THE MAKERS OF **MUSCLE MILK**

whey isolate

25g PROTEIN
SUGAR FREE
LACTOSE FREE
0g FAT

SOUR APPLE

NATURALLY and ARTIFICIALLY FLAVORED

PROTEIN SUPPLEMENT

NET WT. 2 LBS (908g)

Supplement Facts

Serving Size 1 scoop (~30g)

Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	110	
Total Fat	0g	0%*
Cholesterol	5mg	2%
Total Carbohydrate	3g	1%*
Sugars	0g	
Protein	25g	50%
Calcium	110mg	11%
Phosphorus	120mg	12%
Sodium	110mg	5%
Potassium	210mg	6%

* Percentage Daily Values are based on a 2,000 calorie diet.

DIRECTIONS

Mix one scoop (30g) in 8 ounces of cold water.

INGREDIENTS

WHEY PROTEIN ISOLATE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, MALIC ACID, WHEY PROTEIN HYDROLYSATE, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), MEDIUM CHAIN TRIGLYCERIDES, POTASSIUM CITRATE, SODIUM CITRATE, ACESULFAME POTASSIUM, SUCRALOSE, CARMINE, SOY LECITHIN.

ALLERGEN STATEMENT: THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

Grams of Amino Acids per 100 grams of pure protein

ESSENTIAL AMINO ACIDS

L-Leucine (BCAA)11.5g
L-Isoleucine (BCAA)6.5g
L-Valine (BCAA)6.2g
L-Lysine9.6g
L-Threonine6.8g
L-Methionine2.2g
L-Phenylalanine3.5g
L-Tryptophan[†]1.8g

Exceptional BCAA to EAA Ratio

TOTAL OF BCAA (24.2)

=50.3

TOTAL OF EAA (48.1)

CONDITIONALLY ESSENTIAL AMINO ACIDS

L-Arginine2.5g
L-Histidine2.0g

NON-ESSENTIAL AMINO ACIDS

L-Alanine5.2g
L-Aspartic Acid11.2g
L-Glutamic Acid12.5g
L-Glycine1.9g
L-Proline5.9g
L-Serine4.9g
L-Tyrosine3.2g
L-Cysteine2.6g

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For information on CytoSport quality products,

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