

GREENS & WHEY FACTS

- You need adequate protein to support muscle. 100% Greens & Whey powder contains 100% pure Ultra-Filtered/Micro-Filtered (UF/MF) Whey Protein Isolate. The Micro-Filtration method isolates the natural whey proteins in a highly concentrated form without fat. High BCAA levels support your muscles while supporting positive nitrogen balance for muscle maintenance.
- Adequate nutrition keeps the body healthy. The 100% Greens & Whey blend provides phytonutrients.
- **Proprietary Greens Blend** provides antioxidant support.
- **Alfalfa Leaf Juice Powder** and **Organic Barley Grass Juice Powder** are rich in chlorophyll.
- **Both chlorella and spirulina** provide the goodness of natural whole foods.***

TYPICAL AMINO ACID PROFILE

AMINO ACID	g/serving	AMINO ACID	g/serving	AMINO ACID	g/serving
Aspartic Acid	2.22	Valine	1.18	Lysine	1.71
Threonine	1.49	Isoleucine	1.32	Arginine	0.39
Serine	0.92	Leucine	1.98	Proline	1.23
Glutamic Acid	3.03	Tyrosine	0.48	Cysteine	0.46
Glycine	0.37	Phenylalanine†	0.57	Methionine	0.39
Alanine	1.14	Histidine	0.24	Tryptophan†	0.17

*** 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.

Product No. 1801

Do not accept if seal is broken.

Store between 59°-86°F.

† Phenylalanine and Tryptophan are not added to this product; they are naturally occurring in the whey.

Contents packaged by weight, not volume. Some settling may occur. See container for "lot number" and "best by" date.



Biochem
101 Corporate Drive, Hauppauge, NY 11788
www.biochem-fitness.com



Dietary Supplement

BIOCHEM®
SPORTS

100% **GREENS & WHEY**
WHEY PROTEIN ISOLATE (99% UNDENATURED)
P O W D E R

99% Lactose Free

Wheat & Gluten Free

PLUS Organic Greens

Mixes Easily

VANILLA

NET WT. 10.3 oz. (0.6 lb.) (298 g)

HOW TO USE:

Directions: Adults, using scoop provided, add two (2) scoops (1 oz.)(29.8 g) to 3/4 -1 cup (6 -8 fl. oz.) (178 -237 mL) of ice cold water. Stir briskly until dissolved. For a creamier texture, use a blender and add ice. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 scoops (29.8 g) (1 oz.)

Servings Per Container Approx. 10

Amount Per Serving	% Daily Value
Calories 100	
Calories from Fat 0	
Total Fat 0 g	0%*
Cholesterol < 5 mg	<1%*
Total Carbohydrate 5 g	2%*
Dietary Fiber 3 g	12%
Sugars 3 g	**
Protein 20 g	40%*
Calcium 95 mg	10%
Phosphorus 48 mg	5%
Magnesium 17 mg	4%
Sodium (as whey protein isolate, sodium chloride, sodium copper chlorophyllin)	66 mg 3%
Potassium 86 mg	2%
Whey Protein Isolate	22 g **
Proprietary Blend	1,105 mg (1.1 g)
providing:	
Medium Chain Triglycerides (MCT) Concentrate (from coconut oil)(50% medium chain triglycerides)	**
Stevia Extract (<i>Stevia rebaudiana</i>)(leaf) (standardized at 90% steviolosides)	**
PureLo® (Luo Han fruit concentrate)	**
Proprietary Greens Blend	1,000 mg (1 g)
providing:	
Alfalfa Leaf Juice Powder	**
Organic Chlorella (<i>Chlorella pyrenoidosa</i>)(algae)	**
Organic Barley Grass Juice Powder	**
Organic Kamut (leaf)	**
Hawaiian Spirulina (algae)	**
Organic Broccoli Sprout	**
Sea Buckthorn (berry)	**

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

** Daily Value not established.

Other Ingredients: Organic evaporated cane syrup, xanthan gum, natural vanilla flavor, natural cream flavor, natural flavor, lecithin. Contains milk and soy.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, wheat, gluten, preservatives, artificial color, or artificial sweeteners.

Notice: Use this product as a food supplement only.

Do not use for weight reduction.