

Do not accept if seal is broken. Product No. 13-745
Store between 59°-86° F. Keep out of the reach of children.
Notice: Use this product as a food supplement only. Do not use for weight reduction.
Contents packed by weight not volume. Some settling may occur.
See container for "Lot No." and "Best by" date.

IRON-TEK® ESSENTIAL NATURAL HIGH PROTEIN:

Contains a blend of whey protein concentrate, milk protein concentrate (micellar casein), and ultra-filtered/micro-filtered (UF/MF) whey protein isolate, including naturally occurring peptide fractions: alpha-lactalbumin, immunoglobulins, and lactoferrin.

- Rapidly assimilated
- Minimum levels of carbohydrate and fat
- Instantized, mixes easily without a blender
- High biological value
- Complete amino acid profile rich in branched chain amino acids
- High nitrogen retention
- Supports glutathione production in the body***

*** 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.





BIOLOGICAL (B.V.) CHART	
Biological Value (B.V.) is a scale of measurement used to determine how efficiently your body can use a particular protein source.	
Food or Protein Supplement	BV
Whey Protein Isolate	100
Whey Protein Concentrate	100
Egg (Whole)	93.7
Milk	84.5
Chicken/Turkey	79
Fish	76
Beef	74.3

Iron-Tek® Essential Natural High Protein offers a high Biological Value (B.V.) by providing a combination of whey protein concentrate, milk protein concentrate, and whey protein isolate to maximize your body's protein utilization.***

Certified
GF
Gluten-Free
Dietary Supplement
Net wt. 35.1 oz.
(2.1 lbs.) (995 g)

IRON-TEK®
CLEAN PERFORMANCE

ESSENTIAL NATURAL
HIGH PROTEIN
WITH MICELLAR CASEIN

- Includes Whey Protein Isolate
- Significant Levels of BCAAs
- Lactase & Other Digestive Enzymes
- Incredibly Rich Flavor

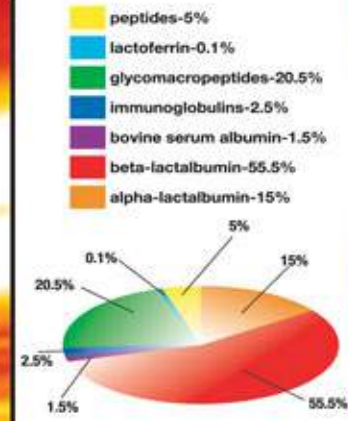


VANILLA CAKE

28
SERVINGS

DIRECTIONS FOR USE: Adults, using scoop provided, adults add one (1) scoop (35.5 g)(1.25 oz.) to one (1) cup (8 fl. oz.)(237 mL) or more of either cold water or your favorite cold beverage. Stir briskly until dissolved for a tasty vanilla protein supplement. For a creamier texture, use a blender and add ice. You may also try adding your favorite fruit. We recommend one (1) serving per day. As a reminder, discuss the supplements and medications that you take with your health care providers.

BIOACTIVE WHEY PROTEIN FRACTIONS



Iron-Tek® Essential Natural High Protein offers a power-packed blend of whey protein concentrate, milk protein concentrate, and whey protein isolate. This blend supplies a wide array of bioactive protein fractions that provide a superior advantage over many available whey protein products for muscle support.

Iron-Tek's® whey protein is essential for optimal performance in the gym.***

Supplement Facts

Serving Size 1 scoop (35.5g)(1.25 oz.) Servings Per Container Approx. 28	
Amount Per Serving	% Daily Value
Calories 140	
Calories from Fat 20	
Total Fat 2.5 g	4%*
Saturated Fat 1.5 g	8%*
Cholesterol 45 mg	15%*
Total Carbohydrate 9.5 g	3%*
Sugars 8 g	**
Protein 22 g	44%*
Calcium 180 mg	18%
Phosphorus 120 mg	12%
Sodium 80 mg	3%
Potassium 159 mg	5%
Proprietary Blend providing:	130 mg
PureLo® (Luo Han fruit concentrate)	**
Stevia Extract (Stevia rebaudiana) (leaf)(standardized at 90% steviolosides)	**
Enzyme Blend (from aspergillus oryzae, rhizopus oryzae, trichoderma longibrachiatum) providing: lactase, protease, amylase, lipase, cellulase	**
Medium Chain Triglycerides (MCT) Concentrate (from coconut oil) (50% medium chain triglycerides equal to 0.5 g)	**
* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.	

TYPICAL AMINO ACID PROFILE

	Grams per Serving
Alanine	0.97
Arginine	0.52
Aspartic Acid	2.12
Cystine	0.24
Glutamic Acid	3.84
Glycine	0.45
Histidine	0.39
Isoleucine	1.31
Leucine	2.15
Lysine	1.90
Methionine	0.41
Phenylalanine†	0.71
Proline	1.41
Serine	1.10
Threonine	1.29
Tryptophan†	0.40
Tyrosine	0.58
Valine	1.24

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

Other Ingredients: Protein blend (Whey protein concentrate, Milk protein concentrate (micellar casein), Ultra-filtered/micro-filtered (UF/MF) whey protein isolate), Organic cane juice syrup, Natural flavors, Sunflower oil creamer (Sunflower oil, Glucose syrup solids, Sodium caseinate, Mono- & diglycerides, Dipotassium phosphate, Tricalcium phosphate, Soy lecithin, Tocopherols), Stabilizer blend (Cellulose gum, Xanthan gum, Carrageenan), Lecithin, Salt. 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 or artificial color.

Manufactured for: Iron-Tek
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www.iron-tek.com