

COOKIES N' CREME

NATURALLY FLAVORED

52g

PREMIUM PROTEIN*

*per 2 scoops

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BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN

Body Fortress® Super Advanced Whey Protein delivers a powerful blend of premium proteins athletes need to support lean muscle mass and maximize their training.◊

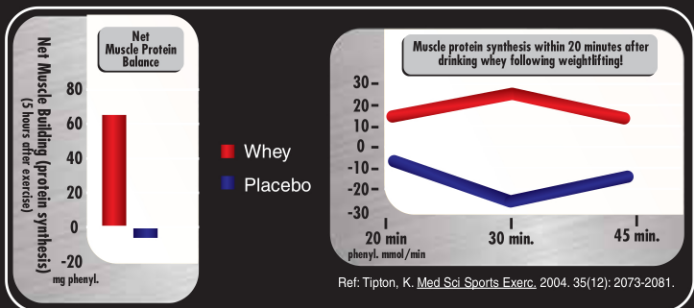
Body Fortress® Super Advanced Whey Protein features a Super Recovery Blend to further enhance the benefits of our premium Whey Protein Blend. Each scoop provides high quality creatine in combination with the important amino acids crystalline taurine and glutamine.

WHAT MAKES BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN WORTH IT:

- Body Fortress® Super Advanced Whey Protein provides cross-flow, Ultrafiltered Whey Protein Concentrate.
 - State of the art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions that help deliver Whey's superior benefits.◊
 - Premium Whey Proteins for easy mixing and complete dispersion in liquid.
 - Quick absorbing blend to speed amino acid delivery to muscles immediately after workouts (to help stimulate muscle protein synthesis and recovery).◊
- The combination of potent ingredients within the Super Recovery Blend is important for athletes since it allows for faster recovery during high-intensity workouts.◊ Not only will the Super Recovery Blend help recharge muscle energy stores, but it may help decrease fatigue during exercise as well so you can keep training hard.◊
- Contains naturally occurring Branched Chain Amino Acids from protein. 2 scoops contain over 8 grams of the following Branched Chain Amino Acids:
Which typically provides:
 - Isoleucine 2.32 g
 - Leucine 3.91 g
 - Valine 2.22 g

Why is the preferred protein source in sports and bodybuilding nutrition because it contains superior quality Branched Chain Amino Acids - made up of Leucine, Isoleucine and Valine - which are important for the maintenance of muscle tissue.◊ Unlike some other incomplete protein sources, Body Fortress® Super Advanced Whey Protein contains all of the essential amino acids required for supporting lean muscle and exercise recovery.◊

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.



BODY FORTRESS®

SUPER ADVANCED

WHEY PROTEIN

SCIENTIFICALLY DESIGNED WITH:

- > PREMIUM WHEY PROTEIN
- > OVER 8 GRAMS OF BCAAs*
- > CRYSTALLINE TAURINE
- > LEAN MASS ACTIVATORS◊
- > GLUTAMINE

PROTEIN SUPPLEMENT

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

*per 2 scoops

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NET WT. 2 lb. (32 oz.) (907 g)

Contents are sold by weight. Some settling may occur.

Supplement Facts

	1 Scoop (38 g) about 24	2 Scoops (76 g) about 12
Amount Per Serving	%Daily Value	%Daily Value
Calories	140	270
Calories from Fat	20	40
Total Fat	2 g	3%†
Saturated Fat	1 g	5%†
Cholesterol	55 mg	18% 105 mg 35%
Total Carbohydrate	7 g	2%†
Dietary Fiber	<1 g	3%†
Sugars	2 g	††
Protein	26 g	52%†
Calcium	79 mg	8% 158 mg 16%
Iron	0.6 mg	3% 1.2 mg 7%
Phosphorus	67 mg	7% 133 mg 13%
Magnesium	20 mg	5% 40 mg 10%
Copper	0.05 mg	3% 0.10 mg 5%
Sodium	100 mg	4% 200 mg 8%
Potassium	180 mg	5% 360 mg 10%

†Percent Daily Values are based on a 2,000 calorie diet.
††Daily Value not established.

Ingredients: Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Super Recovery Blend (Creatine Monohydrate, Taurine, L-Glutamine, Leucine, Isoleucine, Valine), Maltodextrin, Cocoa (processed with alkali), Natural Flavors, Soy Lecithin, Cellulose Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 38 g scoop***)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	354 mg	Alanine	906 mg
Isoleucine	1,161 mg	Arginine	454 mg
Leucine	1,959 mg	Aspartic Acid	2,160 mg
Lysine	1,606 mg	Cysteine	430 mg
Methionine	414 mg	Glutamic Acid	3,190 mg
Phenylalanine	637 mg	Glycine	353 mg
Threonine	1,204 mg	Proline	1,177 mg
Tryptophan**	327 mg	Serine	956 mg
Valine	1,110 mg	Tyrosine	579 mg

**L-Tryptophan is naturally occurring, not added.
***approximate values

BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

Directions: For adults, add one (1) scoop (38 g) to 6-8 ounces of water or your favorite beverage daily. Serious athletes and bodybuilders (over 125 pounds) should consume 1-2 scoops immediately after exercise.

BLENDER - SIMPLE

Cover and blend for 20-30 seconds. ^^

SHAKER - SIMPLER

Cover and shake for 25-30 seconds.

GLASS & SPOON - SIMPLEST

Stir for 20-30 seconds or until completely blended.

^^ For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.

For Dieters: add lower calorie foods such as skim milk or just use water.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Body Fortress® Super Advanced Whey Protein is aspartame free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

◊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.



Carefully Manufactured by Healthwatchers (DE), Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980

