Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Pro Performance® Soy Protein 95™ provides 25 grams of protein. Recent studies have shown that soy protein taken by active individuals helps support muscles during exercise.

Soy is the only complete protein that is from a plant; it contains all of the essential amino acids including BCAA - leucine, isoleucine, and valine. Pro Performance Soy Protein 95 is cholesterol and lactose free.

Pro Performance Soy Protein 95 features Supro® protein. Supro® brand soy protein is one of the most clinically studied soy proteins. Supro<sup>®</sup> protein is made from Certified non-Genetically Modified (non-GMO) soybeans that are produced while being tightly monitored and controlled from planting through processing.

## TYPICAL AMINO ACID PROFILE: (Approximate mg per serving)

	Dry Powder	Mixed*	Lysine	1580 mg	2230 m
Alanine	960 mg	1240 mg	Methionine	310 mg	510 m
Arginine	1910 mg	2180 mg	Phenylalanine	1310 mg	1680 m
Aspartate	2930 mg	3530 mg	Proline	1310 mg	2060 m
Cystine	330 mg	390 mg	Serine	1310 mg	1730 m
Glutamic Acid	4990 mg	7380 mg	Threonine	910 mg	1270 m
Glycine	1030 mg	1200 mg	Tryptophan	290 mg	400 m
Histidine	620 mg	840 mg	Tyrosine	960 mg	1350 m
Isoleucine	1170 mg	1610 mg	Valine	1140 mg	1680 m
Leucine	1940 mg	2720 mg		25000 mg	24000 0

Supro® is a registered trademark of Solae. LLC for its brand of soy protein products. It is used under

license by General Nutrition Corporation. KEEP OUT OF REACH OF CHILDREN

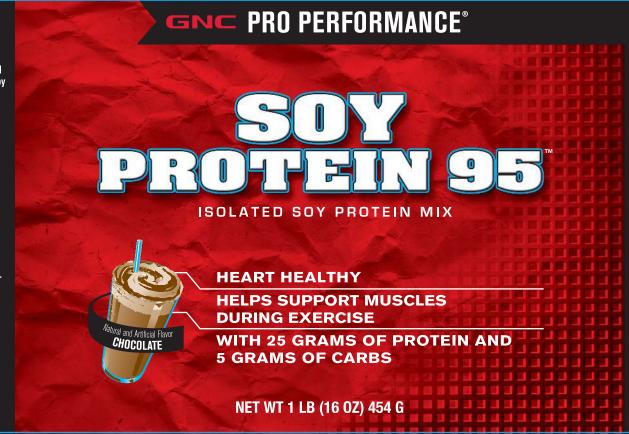
Store in a cool, dry place. For More Information: 1-888-462-2548 Distributed by: General Nutrition Corporation

Pittsburgh, PA 15222 Made in USA

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CODE 350551

DIRECTIONS: Twice a day, combine 1 scoop (35g) with one cup (8 fl. oz.) of water or skim milk. Use a blender, shaker or spoon to blend thoroughly until dissolved.

## **Nutrition Facts**

Serving Size One Scoop (35g) Servings Per Container 12

Dry Powder	Mixed*		
130	220		
15	20		
% Daily	% Daily Value**		
2%	3%		
0%	0%		
0%	2%		
13%	19%		
5g <b>2</b> %	6%		
3%	3%		
•			
	130 15 % Daily 2% 0% 0% 13% 5g 2%		

ımin A	0%	10%			
ımin C	0%	4%			
cium	6%	35%			
1	30%	30%			
nen mixed with eight ounces of skim milk.					

Eight ounces of Skim Milk provides an additional 90 calories, 0.4g Fat, 5mg Cholesterol, 130mg Sodium, 13g Carbohydrate (13g sugars). and 9g Protein.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Total Fat Less than Saturated Fat Less than 20a Less than Less than Total Carbohydrate 25a Dietary Fiber

INGREDIENTS: Supro® Brand Soy Protein Isolate, Cocoa, Fructose, Natural and Artificial Flavor, Salt, Acesulfame Potassium, Sucralose.

Calories per gram:

**Contains: Soybeans** 

No Artificial Colors, No Wheat, No Gluten, No Dairy, Yeast Free,

NOTICE: Use as a food supplement only. Do not use for weight reduction. Significant product settling may occur.

> Place UPC Here

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