

ISOLATED SOY

PROTEIN 95™

POWDERED DRINK MIX

HELPS SUPPORT MUSCLES DURING EXERCISE

WITH 25 GRAMS OF PROTEIN AND 5 GRAMS OF CARBS

INSTANTIZED - MIXES WITH A SPOON

NATURAL AND ARTIFICIAL FLAVOR
CHOCOLATE

NET WT 4 LB (64 OZ) 1818 G

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

Nutrition Facts

Serving Size One Scoop (35g)
Servings Per Container 51

Amount Per Serving	Dry Powder	Mixed*
Calories	130	220
Calories from Fat	15	20
% Daily Value**		
Total Fat 1.5g	2%	3%
Saturated Fat 0g	0%	0%
Cholesterol 0mg	0%	2%
Sodium 310mg	13%	19%
Total Carbohydrate 5g	2%	6%
Dietary Fiber <1g	3%	3%
Sugars 2g		
Protein 25g	50%	68%

Vitamin A	0%	10%
Vitamin C	0%	4%
Calcium	6%	35%
Iron	30%	30%

* When 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.

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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

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

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

Store in a cool, dry place.

Supro® Brand is a trademark of Protein Technologies International, Inc. for its brand of soy protein products. It is used under license by General Nutrition Corporation.



For More Information: 1-888-462-2548

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DDG

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® Protein 95™ provides 25 grams of protein. Recent studies have shown that soy protein taken by active individuals helps support muscles during exercise. Two servings a day may help reduce exercise-induced oxidant stress.

Pro Performance Protein 95 features Supro® Brand Soy Protein. Supro Brand Soy Protein is one of the most clinically studied soy proteins. Supro 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*			
Alanine	960 mg	1240 mg	Lysine	1580 mg	2230 mg
Arginine	1910 mg	2180 mg	Methionine	310 mg	510 mg
Aspartate	2930 mg	3530 mg	Phenylalanine	1310 mg	1680 mg
Cystine	330 mg	390 mg	Proline	1310 mg	2060 mg
Glutamic Acid	4990 mg	7380 mg	Serine	1310 mg	1730 mg
Glycine	1030 mg	1200 mg	Threonine	910 mg	1270 mg
Histidine	620 mg	840 mg	Tryptophan	290 mg	400 mg
Isoleucine	1170 mg	1610 mg	Tyrosine	960 mg	1350 mg
Leucine	1940 mg	2720 mg	Valine	1140 mg	1680 mg
				25000 mg	34000 mg

This Product Supplies
ONLY NATURALLY
OCCURRING
AMINO ACIDS



Vegetarian