

**Suggested use:** Dissolve two scoops (approx. 39 grams) in a glass of water or your favorite beverage and drink prior to workout. Dose may be increased based on activity level, and may be repeated as needed.

**Caution:** Keep out of the reach of children. Do not use if you are pregnant or nursing.

Store product in a dry place at controlled room temperature (25°C/77°F). Do not expose to excessive heat or moisture. Settling may occur and does not affect product quality.

## Supplement Facts

Serving Size: 2 scoops (39 g)  
Servings Per Container: 10

|                    | Amount per Serving | %DV* |
|--------------------|--------------------|------|
| Calories           | 135                |      |
| Calories from Fat  | 10                 |      |
| Total Fat          | 1.5 g              | 2%†  |
| Saturated Fat      | 0.5 g              | 2%†  |
| Cholesterol        | 30 mg              | 10%† |
| Total Carbohydrate | 15 g               | 5%†  |
| Dietary Fiber      | 2 g                | 8%†  |
| Sugars             | 5 g                | **   |
| Protein            | 18 g               | 36%† |
| Calcium            | 50 mg              | 5%   |
| Sodium             | 75 mg              | 3%   |

AS Fit Proprietary Blend 36 g \*\*  
Protein Blend (whey protein concentrate, whey protein isolate, cocoa, nonfat dry milk), Maltodextrin, Dextrose, Amino Acid Blend (L-arginine, L-glutamine, arginine alpha-ketoglutarate, L-carnitine L-tartrate, taurine), CLA (conjugated linoleic acid), Lactase

\* %Daily Value \*\* %Daily Value not established.  
†Percent Daily Value based on 2,000 calorie diet.

**Other Ingredients:** Natural and artificial flavors, cellulose gum, salt, stevia leaf extract, **CONTAINS MILK AND SOY**

Manufactured for: AmeriSciences®  
5365 W. Sam Houston Pkwy N.  
Houston, TX 77041

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# AS Fit

*High Performance Protein Shake*



Dietary Supplement • 13.75 oz (390 grams)

*Chocolate Flavor*

*Sports • Weight Management • Fitness*

This professional strength product is a comprehensive blend of protein, complex carbohydrates and amino acids scientifically formulated as both a peak performance product and a weight management product in one great tasting chocolate shake mix. Formulated to promote training efficiency and metabolism, AS Fit goes one step further with complementary ingredients including Conjugated Linoleic Acid (CLA) for fat mass reduction and increased lean body tissue, and L-arginine for enhanced cardiovascular endurance. \*

Whether you are a professional athlete, weekend warrior or simply a person serious about your weight, AS Fit is the perfect product to provide your body with the nutrients it needs to get the most out of your exercise.

Safe and effective — Every single batch of AS Fit produced is certified by the Banned Substance Control Group as banned substance free.

*Give the quality of AS Fit a chance to change your performance and body for the better!*



**AmeriSciences**  
**ProStandard**

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Lot No./Best Buy: