

PERFECT

Perfect 3000 supplies you with 3000 quality calories per serving. The calories are derived from nature's best sources; egg whites, lactalbumin, maltodextrin, pure crystalline fructose and an assortment of vitamins and minerals. Perfect 3000 was designed to help athletes that have had difficulty gaining weight with everyday food and/or a standard weight gain formula. Perfect 3000 is nutritionally complete with a comprehensive program of vitamins, minerals, amino acids, glucose polymers, branched chain amino acids, lipotropics, aspartates, fumarates, malates, succinates and alpha-ketoglutarates. When mixed with water, each serving contains 60 grams PERFECT protein and 534 grams of quality carbohydrates.

Directions: Mix 12 slightly rounded scoops in 32 Fl. Oz. of water or milk, stir and consume. Perfect 3000 can be mixed with a spoon, however, for best results use a shaker or blender. Take 1 serving daily in addition to regular meals or as directed by your physician or trainer. A serving can be consumed all at once or split into 2 or 3 equal parts and taken throughout the day.

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

WARNING: Diabetics may use only under physician's [health care professional] supervision because this product contains chromium picolinate which may enhance insulin sensitivity.



DISTRIBUTED BY:
NATURE'S BEST®
Hauppauge, NY 11788
naturesbest.com



VANILLA
NATURALLY & ARTIFICIALLY FLAVORED
PROTEIN POWDER
NOTICE: USE THIS PRODUCT AS A FOOD
SUPPLEMENT ONLY. DO NOT USE FOR
WEIGHT REDUCTION.
NET WT 10 LB. (4536G)
PERFECT
3000



NATURE'S BEST

Nutrition Facts			
Serving Size: 641g/12 slightly rounded scoops			
Servings Per Container: about 7			
Amount per serving	Mix	With 32 Fl. Oz. Whole Milk	
Calories	2400	3000	
Calories from Fat	35	330	
% Daily Value**			
Total Fat 3.5g*	6%	56%	
Saturated Fat 1.5g	7%	109%	
Trans Fat 0g			
Cholesterol 100mg	33%	78%	
Sodium 800mg	33%	53%	
Potassium 890mg	25%	68%	
Total Carbohydrate 534g	178%	193%	
Dietary Fiber 0g	0%	0%	
Sugars 155g			
Protein 61g	122%	186%	
Vitamin A	100%	120%	
Vitamin C	100%	120%	
Vitamin E	50%	50%	
Thiamin	100%	120%	
Riboflavin	110%	200%	
Niacin	100%	100%	
Vitamin B6	100%	120%	
Folate	100%	110%	
Vitamin B12	100%	160%	
Biotin	100%	110%	
Pantothenic Acid	100%	130%	
Calcium	90%	200%	
Iron	60%	60%	
Phosphorous	50%	140%	
Iodine	210%	360%	
Magnesium	70%	100%	
Zinc	50%	80%	
Selenium	80%	110%	
Copper	60%	60%	
Manganese	100%	100%	
Chromium	170%	170%	
Molybdenum	70%	90%	
Chloride	2%	30%	

*Amount in Mix.			
**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat 9	• Carbohydrate 4	• Protein 4	

INGREDIENTS: Maltodextrin, dextrose, fructose, whey (milk) protein concentrate, egg albumen, calcium caseinate, natural and artificial flavors, dicalcium phosphate, potassium chloride, sodium chloride, choline bitartrate, potassium phosphate, calcium carbonate, magnesium oxide, magnesium citrate, creatine monohydrate, L-ornithine alpha keto glutarate, calcium citrate, inositol, ascorbic acid, boron citrate/aspartate/glycinate, L-carnitine hydrochloride, sodium selenate, ferrous fumarate, d-alpha tocopheryl acetate, niacinamide, dried kelp powder, d-calcium pantothenate, magnesium alpha keto glutarate, para amino benzoic acid, manganese gluconate, zinc citrate, chromium amino acid chelate, calcium alpha keto glutarate, zinc oxide, selenium citrate, copper gluconate, copper citrate complex, beta carotene, sodium molybdate, pyridoxine hydrochloride, cholecalciferol, manganese citrate, molybdenum citrate, thiamine hydrochloride, riboflavin, chromium picolinate, folic acid, biotin, cyanocobalamin.

This product is produced in a facility with soy, dairy, egg and wheat ingredients, peanuts and tree nuts. This product is gluten-free.