

THE BIGGER PICTURE OF BLENDED PROTEINS

Since different protein sources have distinct amino acid profiles and utilization rates, Natural Pro Complex® Augmented Protein System (APS) combines 8 sources to create a superior protein blend, designed to enhance your muscle-building potential. Uniting Whey Protein Isolates, Egg Albumen, Hydrolyzed Proteins, and key Free Form Amino Acids, we've created a protein with varied digestion rates and an amino acid profile that's off the charts. Each serving of Natural Pro Complex® APS is packed with 60 grams of the highest quality proteins commercially available. Natural Pro Complex® is also free of artificial flavors, sweeteners, and synthetic colors. So naturally, it's formulated to take you to the next level.

THE ADVANCED NATURAL PRO COMPLEX® PROTEIN BLEND:

Natural Pro Complex® is made of an exclusive blend of Ion-Exchange Whey Protein Isolate, Cross Flow Microfiltered Whey Protein Isolate, Egg Albumen, Glutamine Peptides, Whey Peptides, L-Leucine, L-Isoleucine, L-Valine.

THE BIGGER PICTURE®
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TYPICAL AMINO ACID PROFILE (milligrams per serving)

Essential Amino Acids (EAAs)	Conditionally Essential Amino Acids (CAAs)	Nonessential Amino Acids (NAAs)
Tryptophan 1005	Arginine 1214	Aspartic Acid 6297
Valine 3614	Cystine 1437	Serine 2848
Threonine 4219	Tyrosine 1717	Glycine 941
Isoleucine 4073	Histidine 1127	Alanine 2834
Leucine 6448	Proline 4190	
Lysine 4653	Glutamine & Precursors 10501	
Phenylalanine 1697		
Methionine 1185		

BEYOND THE BASICS

- No Artificial Flavors or Sweeteners.
- No Synthetic Colors.
- Over 14,000 mg of BCAAs per serving.
- 10,000 mg of Glutamine & Precursors.
- A comprehensive blend of Vitamins and Essential Minerals.
- Aminogen® patented digestive enzyme system.
- Contains Lactase to help break lactose down for easier digestion.
- Contains bioactive microfractions including Glycomacropeptides (GMP), α-Lactalbumin, β-Lactoglobulin, Lactoferrin, and Lactoperoxidase.
- Instantized to mix easily. No blender needed.

NOTICE: DO NOT USE AS A SOLE SOURCE OF NUTRITION FOR WEIGHT LOSS OR MAINTENANCE. KEEP OUT OF REACH OF CHILDREN. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE TAKING THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, OR UNDER 18 YEARS OF AGE. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

Carefully Manufactured
in the by:

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CHOCOLATE
Naturally Flavored

NATURAL PRO COMPLEX®

AUGMENTED PROTEIN SUPPLEMENT

8 SOURCES

60G
PROTEIN

14G
BCAAs

10G
GLUTAMINE
& PRECURSORS

15
VITAMINS & MINERALS



DIRECTIONS:

SPOON STIRRED: Natural Pro Complex® APS is INSTANTIZED. That means if you forgot your shaker cup or don't have time to get out the blender, you can just add 2 rounded scoops of Natural Pro Complex® APS to a glass filled with 8-12 oz of water, nonfat milk, or your favorite beverage. Then mix it up with a spoon. Stir for about 20 seconds or until powder is completely dissolved.

TIP: Adjust the intensity of your Natural Pro Complex® by varying the amount of liquid that you use to prepare it. For a bolder flavor with slightly more body and sweetness, mix two scoops with 6-8 oz of water, milk, or your favorite beverage. For a milder tasting, less sweet shake, use 12-14 oz of liquid per two scoops.

SHAKER: Bringing a shaker cup with you to the gym is the perfect way to get a hefty dose of protein immediately after your workout. Just add 2 rounded scoops of Natural Pro Complex® APS to your shaker cup and then pour in 8-12 oz of your preferred beverage. Cover and shake for 25-30 seconds. Don't have a shaker cup? Visit optimumnutrition.com and order a custom ON shaker, or visit your local health food store or gym.

BLENDER: Add 2 rounded scoops of Natural Pro Complex® APS powder to a blender filled with 8-12 oz of water, nonfat milk, or your favorite beverage. Add several ice cubes and mix on highest speed for 45-60 seconds. **SHAKE UP YOUR SHAKE:** By adding a few high-energy ingredients to your shake you can blend up a complete meal: try adding fresh or frozen fruits (strawberries, bananas, etc.), peanut butter, flaxseed oil, unflavored yogurt, and/or slivered almonds. **STACK YOUR SHAKE:** By adding other supplements including creatine, glutamine, taurine (e.g. CGT-10), and BCAA powders you can make Natural Pro Complex® APS an even more powerful post-workout recovery product.

SUGGESTED USE: Consume approximately 1 gram of protein per pound of body weight per day. You can achieve this through a combination of high protein foods and protein supplements. For the best results, consume your daily protein allotment over several small meals spread evenly throughout the day.

Supplement Facts

Serving Size 2 Rounded Scoops (80g)
Servings Per Container 26

Amount Per Serving	% Daily Value
Calories 300	
Calories from Fat 10	
Total Fat 1 g	2%*
Saturated Fat 0.5 g	3%*
Cholesterol 10 mg	3%
Total Carbohydrate 12 g	4%*
Sugars 4 g	†
Protein 60 g	
Vitamin A 2500 IU	50%
Vitamin C 60 mg	100%
Vitamin E 30 IU	100%
Thiamin 0.75 mg	50%
Riboflavin 0.94 mg	55%
Niacin 10 mg	50%
Vitamin B ₆ 1 mg	50%
Folic Acid 140 mcg	35%
Vitamin B ₁₂ 3 mcg	50%
Biotin 150 mcg	50%
Pantothenic Acid 5 mg	50%
Calcium 250 mg	25%
Chromium 120 mcg	100%
Sodium 330 mg	14%
Potassium 700 mg	20%
Stevia Extract 220 mg	†
(Stevia rebaudiana) (leaf) (standardized to 60% rebaudioside A)	
Enzyme Blend 250 mg	†
Aminogen®	
Lactase (standardized to 100,000 FCC units/g)	

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

Aminogen® is a registered trademark of Triarco Industries, Inc.

OTHER INGREDIENTS: Protein Blend (Whey Protein Isolates, Glutamine Peptides, Egg Albumen, L-Leucine, Whey Peptides, L-Isoleucine, L-Valine), Cocoa (Processed with Alkali), Evaporated Cane Juice Powder, Natural Flavors, Lecithin, Xanthan Gum, Potassium Chloride, Salt, Vitamin/Mineral Blend (Ascorbic Acid, Maltodextrin, D-alpha Tocopheryl Succinate, Nicotinamide, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Chromium Polynicotinate, Riboflavin, Thiamin Mononitrate, Vitamin A Palmitate, Biotin, Folic Acid, Cyanocobalamin).

ALLERGEN INFORMATION: CONTAINS MILK, EGG, SOY (LECITHIN), AND WHEAT (GLUTAMINE PEPTIDES) INGREDIENTS.



SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

NET WT. 4.6 lb (2,091 G)