



**RECOMMENDED USE: For Post-Workout Recovery:** Begin drinking one (1) **BLUE THUNDER**® immediately upon completing your workout. **For High Protein Daily Nutrition:** Drink one (1) bottle of **BLUE THUNDER**® up to three (3) times daily to support your high protein and calorie needs. As a general rule, consume approximately one (1) gram of protein per pound of body weight, per day, split evenly over five (5) to seven (7) meals and supplements.\*

## Supplement Facts

Serving Size 1 Bottle (22 fl oz)

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
| Calories           | 290           |
| Calories from Fat  | 5             |
| Total Fat          | 0.5 g <1%*    |
| Cholesterol        | 10 mg 3%      |
| Total Carbohydrate | 40 g 13%*     |
| Sugars             | 10 g **       |
| Protein            | 30 g          |
| Phosphorus         | 1.5 g 150%    |
| Sodium             | 230 mg 10%    |
| Potassium          | 240 mg 7%     |

Proprietary Thunder Energy Blend 2,510 mg \*\*  
 Glutamine Peptides, Hydrolyzed Whey Protein Isolate, Glucuronolactone, Anhydrous Caffeine†, Taurine, White Tea Extract (*Camellia sinensis*)(leaf)(standardized for Polyphenols), Green Tea Extract (*Camellia sinensis*)(leaf)(standardized for Polyphenols), Metabromine G® (cocoa/guarana extract)(5% caffeine/5% Theobromine)†, Ginseng Powder (Panax ginseng)(root), L-Tyrosine, Inulin, Cinnulin PF® Cinnamon Extract (*Cinnamomum cassia*(bark)(standardized for trimeric, tetrameric Type-A polymers).

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Triple Filtered Water, Whey Protein Isolate, Maltodextrin, High Fructose Corn Syrup, Phosphoric Acid, Natural & Artificial Flavor, High Maltose Rice Syrup, Dextrose, Potassium Sorbate, Potassium Benzoate, Acesulfame Potassium, Sucralose, Red # 40, Blue #1.

**ALLERGEN INFORMATION: CONTAINS MILK & WHEAT (GLUTAMINE PEPTIDES) INGREDIENTS.**

†TOTAL CAFFEINE FROM ALL SOURCES IS 100 MG.

SHAKE WELL BEFORE USE.

STORE IN A COOL, DRY PLACE.

REFRIGERATE AFTER OPENING.

TAMPER EVIDENT - PURCHASE ONLY IF SEAL IS INTACT.



Manufactured and Distributed by:

**AMERICAN BODY BUILDING PRODUCTS®, LLC**  
 Walterboro, SC 29488

**1-866-FLEX-ABB**  
[WWW.AMERICANBODYBUILDING.COM](http://WWW.AMERICANBODYBUILDING.COM)

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 Cinnulin PF® is a registered trademark of Integrity Nutraceuticals International.



**FRUIT PUNCH**

Natural & Artificial Flavors

# BLUE THUNDER

★ **TOTAL RECOVERY SUPPLEMENT** ★



**BLUE THUNDER**

### WHAT YOU NEED

- **PREMIUM PROTEIN**
- **ENERGY & GLYCOGEN REPLENISHMENT**
- **HEIGHTENED ALERTNESS**
- **MINIMAL FAT**

### WHAT IT'S GOT

- **30 GM OF PROTEIN**
- **40 GM OF STACKED CARBS\***
- **2,510 MG PROPRIETARY THUNDER ENERGY BLEND**
- **0.5 GM OF FAT**
- **290 CALORIES**

THE **FORCE IN THE GYM®**

SINCE 1985

\* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



**POWER & RECOVERY**  
 POST-WORKOUT & LEAN MASS GAIN

650 mL (22 FL OZ) 1 PT 6 FL OZ

**CAUTION: KEEP OUT OF REACH OF CHILDREN.** DO NOT TAKE THIS PRODUCT IF YOU ARE PREGNANT, NURSING A BABY, OR UNDER 18 YEARS OF AGE. CHECK WITH A QUALIFIED HEALTHCARE PROFESSIONAL BEFORE USING THIS PRODUCT IF YOU HAVE ANY KNOWN OR SUSPECTED MEDICAL CONDITION AND/OR ARE TAKING ANY PRESCRIPTION OR OTC MEDICATION. ONE (1) SERVING OF **BLUE THUNDER**® CONTAINS 100MG OF CAFFEINE OR ABOUT THE SAME AS ONE (1) CUP OF COFFEE. DO NOT CONSUME MORE THAN TWO (2) SERVINGS EVERY THREE (3) TO FOUR (4) HOURS. TOO MUCH CAFFEINE CAN CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEART BEAT.

07-228-817

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 CA CRV