

DIETARY SUPPLEMENT FOR EVERYBODY

DIRECTIONS FOR USE

Add one level scoop to 8 oz. of water, nonfat milk, juice, or your favorite beverage. You can use more or less liquid to meet your desired taste and calorie needs. Shake well in a shaker until dissolved. Whey protein can be added to any food, including yogurt.

One scoop of Whey Protein Isolate
+8 oz. of water = 24 g of protein & 101 calories
+8 oz. of orange juice = 26 g of protein & 210 calories
+8 oz. of nonfat milk = 33 g of protein & 210 calories

The two most common forms of whey powder are "isolates" and "concentrates" and the type you choose makes the difference between an average supplement and a superior one. Those in the industry understand that isolates are the superior protein. Whey concentrates contain less protein and more ingredients that are not desirable, like lactose and fat. The cleaner profile in isolates are more conducive for adding muscle and losing weight. Not all isolates are the same. Please take heed to other isolates on the market loaded with artificial sweeteners, such as sucrose.



For more information on the rest of our product line, please visit us at www.tryabouttime.com

Product Questions?
1-866-982-WHEY
(9 4 3 9)

Chocolate
Cleanest protein on the market!

about time

100% ALL NATURAL

100% WHEY PROTEIN ISOLATE

*No Artificial Flavorings
No Growth Hormones
No Artificial Sweeteners
Lactose Free, Gluten Free
Zero Carb
Zero Fat*



Net Wt. 2 lbs. (908g) 24 G OF PROTEIN PER 1 OZ SERVING

AMINO ACID PROFILE	
Whey Protein Isolate 24 g protein per serving mg/serving	
Alanine	1186
Arginine	492
Aspartic acid	2662
Cysteine / Cystine	624
Glutamic acid	4226
Glycine	380
Histidine*	470
Isoleucine*/	1611
Leucine*/	2506
Lysine*	1969
Methionine*	472
Phenylalanine*	717
Proline	1745
Taurine	0
Serine	1186
Threonine*	1790
Tryptophan*	425
Phosphorus	66mg
Tyrosine	693
Valine*/	1409
*essential amino acids /BCAAs	



Rich in
**Branch Chain
Amino Acids**



Supplement Facts	
Chocolate	
Serving Size: 1 oz. = 1 scoop (2.4 g)	
Servings per container: 32	
Amount Per Serving	% Daily Value*
Calories	0 1
Calories from Fat	1
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	1 mg 0%
Total Carbohydrate	0 g 0%
Dietary Fiber	0 g 3%
Calcium	115mg 11%
Phosphorus	66mg 7%
Sodium	41mg 2%
Potassium	151mg 4%
Protein	24 g 4%
* Percent Daily Values are based on 2000 calories. Your daily values may be higher or lower depending on your calorie needs	
Calories	200 250
Total Fat	Less Than 65g 8g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300g 300g
Sodium	Less Than 2400mg 2400mg
Potassium	3500mg 3500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat = 9; Protein = 4; Carbohydrate = 4	
INGREDIENTS: Cold Pressed Ultra Filtered Whey Isolate, Natural Flavors, Xanthan Gum, Stevia. Allergen Information: Contains Milk and Soy (Lecithin) Ingredients.	