



SATISFACTION
100%
GUARANTEE

equate™



30g
PROTEIN
PER SERVING

6.7g
BCAAs
PER SERVING

**EASY MIX
SMOOTH
TASTE**

equate™

30g
PROTEIN
PER SERVING

6.7g
BCAAs
PER SERVING



HOW (Directions)

For adults, to receive 30g of protein per serving add **2 scoops** (51g) in 8-12 ounces of water, milk or your favorite cold beverage. Then, stir or cover and shake for 20-30 seconds (until completely blended). Enjoy immediately after mixing and don't forget to stay hydrated.



WHEN

45 minutes post-workout or anytime as a protein supplement.



WHY

Improves strength, builds lean muscle and improves recovery.*

ENHANCED RECOVERY BLEND*

30g PROTEIN + 6.7g BCAAs

BALANCED AMINO ACID PROFILE

GLUTEN-FREE

Feature Smoothie Recipe #2:

THICK QUICK CHOCOLATE FIX

The potassium in bananas protects the heart and promotes calcium absorption. Plus, the added cocoa powder is an anti-oxidant (and delicious!).*

Ingredients:

- 2 scoops (1 serving)
- 1 banana (frozen)
- 3/4 cup low-fat milk
- 1 Tbsp. unsweetened cocoa
- Optional:
 - 1 tsp. instant coffee granules
 - 1 Tbsp. nut butter
 - cinnamon to taste

Preparation

Combine ingredients and blend until smooth.



30g
PROTEIN
PER SERVING

6.7g
BCAAs
PER SERVING

**EASY MIX
SMOOTH
TASTE**

Rich Chocolate
Natural & Artificial Flavor



NET WT 2LB (918g)
18 SERVINGS

equate™

Whey
PROTEIN
SUPPLEMENT

ADVANCED RECOVERY FORMULA*
GLUTEN-FREE

Supplement Facts

18 servings per container

Serving size 2 scoops (51g)

Amount per serving
Calories 180

		% Daily Value*
Total Fat	3g	4%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	115mg	38%
Sodium	190mg	8%
Total Carbohydrate	9g	3%
Total Sugars	3g	
Includes 0g Added Sugars		
Protein	30g	60%
Iron	1.9mg	11%
Calcium	166mg	13%
Potassium	358mg	8%
Recovery Blend	4.5g	**
Creatine Monohydrate	1.5g	**
Taurine	1.5g	**
L-Glutamine	1.5g	**

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. are based on a 2,000 calorie diet.
** Daily Value Not Established

OTHER INGREDIENTS: WHEY PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), DUTCH PROCESS COCOA, MALTODEXTRIN, NATURAL & ARTIFICIAL FLAVOR, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), PURIFIED SEA SALT, SOY LECITHIN, SUCRALOSE. CONTAINS MILK AND SOY LECITHIN. MAY CONTAIN TRACES OF EGGS, CRAB, PELAGIC WILD SARDINE, SHRIMP, PEANUTS AND WHEAT.

DISTRIBUTED BY: Wal-Mart Stores, Inc., Bentonville, AR 72716

*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.

TYPICAL AMINO ACID PROFILE:

ALANINE	1,454mg
ARGININE	842mg
ASPARTIC ACID	3,175mg
CYSTEINE	612mg
GLUTAMIC ACID	5,011mg
GLYCINE	574mg
HISTIDINE**	574mg
ISOLEUCINE**†	1,798mg
LEUCINE**†	3,137mg
LYSINE**	2,639mg
METHIONINE**	612mg
PHENYLALANINE**	995mg
PROLINE	1,683mg
SERINE	1,492mg
THREONINE**	2,066mg
TRYPTOPHAN**	536mg
TYROSINE	880mg
VALINE**†	1,798mg

** Essential Amino Acids

† Branched-Chain Amino Acids (BCAAs)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.



SATISFACTION
100%
GUARANTEE

Satisfaction guaranteed - Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

Contents are sold by weight. Some settling may occur.



WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to any of the ingredients. Do not use if you are under the age of 18. KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE. TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP BROKEN OR MISSING.