



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** (50g) 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 #1:
BANANA POWER

The potassium in bananas protects the heart and promotes calcium absorption. Drink this smoothie before a strenuous workout for an extra energy punch and to help prevent pesky muscle cramps.*

Ingredients:

- 2 scoops (1 serving)
- 1/2 cup cold water
- 2 tablespoons rolled oats
- 1 teaspoon honey
- 2 bananas
- 1/4 teaspoon cinnamon
- 1 cup low-fat milk
- 4 ice cubes

Preparation

Combine ingredients and blend until smooth.

*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.

equate™

Whey
PROTEIN
SUPPLEMENT

ADVANCED RECOVERY FORMULA*
GLUTEN-FREE



30g
PROTEIN
PER SERVING

6.7g
BCAAs
PER SERVING

EASY MIX
SMOOTH
TASTE

Smooth Vanilla
Natural & Artificial Flavor

NET WT 2LB (918g)
18 SERVINGS

Supplement Facts

18 servings per container

Serving size **2 scoops (50g)**

Amount per serving

Calories 180

% Daily Value*

Total Fat 3g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 160mg 7%

Total Carbohydrate 9g 3%

Total Sugars 3g

Includes 0g Added Sugars

Protein 30g 60%

Iron 0.31mg 2%

Calcium 164mg 13%

Potassium 200mg 4%

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.

** Daily Value not Established.

OTHER INGREDIENTS: WHEY PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), MALTODEXTRIN, NATURAL & ARTIFICIAL FLAVOR, SOY LECITHIN, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), PURIFIED SEA SALT, SUCRALOSE, ACESULFAME POTASSIUM. 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

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TYPICAL AMINO ACID PROFILE:

ALANINE	1,454mg
ARGININE	842mg
ASPARTIC ACID	3,175mg
CYSTINE/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 other medications, please consult your doctor before using this product. If you have kidney disease, discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons 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 IS BROKEN OR MISSING.