

**DIRECTIONS:** As a dietary supplement, add one scoop (33 g) to 8 fl oz of water or milk (dairy, almond, oat, rice or sov) and mix or shake until smooth For best results, liquid should be very cold. Mixes instantly without the use of a blender. For EXTREME results, take approximately 30 minutes after workout.

**KEY FEATURES** 

## **EXTREME EDGE®** WHEY PROTEIN ISOLATE POWDER

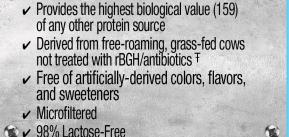
delivers 26 grams of high-quality protein per scoop to help replenish amino acid pools in the muscle that are necessary for achieving significant increases in muscle size and mass. Plus. each scoop provides essential amino acids including branched

chain amino acids – for muscle building and repairing immunoglobulins for immune support to combat transient immune suppression that often occurs after strenuous exercise, as well as a cellular hydration blend of naturally occurring electrolytes [potassium (K+), sodium (Na+) calcium (Ca2+), phosphorus and magnesium (Mg2+)] Muscle contraction is dependent upon the presence of electrolytes. In fact, without sufficient levels of these key minerals, which can often be depleted during continuous strenuous exercise, muscle weakness or severe muscle contractions/cramping may occur, as well as dehydration.

Unlike some other whey protein isolate products on the market that are laden with artificial sweeteners, flavors and colors, the sports nutritional scientists at Extreme Edge® use only naturallyderived sweeteners, flavors and colors in combination with 100% natural whey protein isolate to help facilitate clean and pure performance.

Plus, this whey protein isolate powder is derived from grassfed cows that are not treated with recombinant bovine growth hormone (rBGH)<sup>†</sup> or antibiotics. And instead of the common practice of using heat processed whey that could

denature the protein and immunoglobulins. we employ crossflow microfiltration, a special low-temperature method that leaves the polypeptide chains (i.e., protein) and immunoalobulins intact, while removing excess fat and 98% of the lactose sugars that often cause bloating or cramping.





Tested • Certified • Safer™ with NSF Certified for Sport® Product tested for 200+ banned substances. Product checked against sports prohibitive lists (NFL, MLB). More info at www.nsf.org

**T** The Federal Government has determined there is no significant compositional difference in the milk or milk by-products from rBST or rBGH treated and untreated cows.

 These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, freat, cure or prevent any disease.

# TYPICAL AMINO ACID/PROTEIN FRACTION PROFILES PER SERVING\*

Values are based on amino acid milligram (mg) percentages per 26 grams of protein in a single 8 fl oz serving of **EXTREME ENGE® WHEY** PROTEIN ISOLATE.

Amino Acid	% Total Protein*	MG*	Amino Acid	% Total Protein	* MG*
Alanine	4.2%	1100 mg	Threonine	5.9%	1530 mg
Arginine	2.3%	610 mg	Tryptophan	1.4%	370 mg
Aspartic Acid	8.9%	2315 mg	Tyrosine	2.5%	640 mg
Cysteine/Cystine	1.8%	465 mg	Valine**	5.0%	1290 mg
Glutamic Acid	15.1%	3920 mg	Post de Frantisco		
Glycine	1.6%	405 mg	Protein Fractions		45.000
Histidine	1.5%	390 mg	Beta-Lactoglobulin	60%	15,600 mg
Isoleucine**	4.9%	1265 mg	Glycomacropeptides (Gm		3900 mg
Leucine**	9.2%	2380 mg	Alpha-Lactalalbumin	15%	3900 mg
Lysine	8.0%	2090 mg	Proteose Peptone 5	5.0%	1300 mg
Methionine	1.9%	505 mg	Immunoglobulins (IgG)	2.0%	520 mg
Phenylalanine	2.7%	690 mg	Serum Albumins	<1%	250 mg
Proline	4.9%	1275 mg	* Values are based on a calculation of 26 grams of whey protein isolate		
Serine	4.3%	1120 mg	** Branched Chain Amin	o Acids	

#### ADVICE FOR OFF-SEASON BODYBUILDERS & ENDURANCE ATHLETES

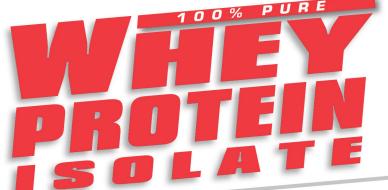
Stack one scoop of **EXTREME EDGE® WHEY PROTEIN ISOLATE** with two servings of **EXTREME EDGE® CARBO** 

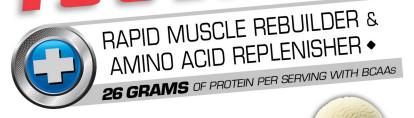
**LOAD.** When combined as directed, you will receive the scientifically coveted ~3:1 ratio of carbohydrates-to-protein (i.e., 79 grams of carbohydrate to 26 grams of protein providing ~425 calories) to replenish glycogen and amino acid stores, as well as electrolytes in the body for faster recovery.

### OTHER PRODUCTS FROM EXTREME EDGE: PRE WORKOUT MUSCLE RECHARGING STACK • CARBO LOAD MUSCLE REPLENISHING & REFUELING STACK • POST WORKOUT MUSCLE REBUILDING & RECOVERY STACK •

PROFESSIONAL STRENGTH FOR SERIOUS ATHLETES







- Optimizes Muscle Growth •
- Inhibits Muscle Breakdown
- Supports Immune Function •





#### Supplement Facts Serving Size 1 Scoop (33 g) Servings Per Container 15 Amount Per Serving %DV\* Calories 121 Calories from Fat

Total Fat 0.5 a 1% 0.25 a 1% Saturated Fat 5% Cholesterol 15 mg Total Carbohydrate 1% 3 g Sugars‡ 2 q 52% Protein 26 g 10% Calcium (from whev) 100 mg† Phosphorus (from whev) 8% 75 mg† Magnesium (from whey) 20 mg† 5% 2% Chloride (from sodium chloride) 60 mgt Sodium (from whey, sodium chloride) 160 mat 7% Potassium (from whev) 100 mat \* Percent Daily Values (DV) are based on a 2,000 calorie diet

Other Ingredients: Natural Vanilla Flavor Non-GMO Sunflower Lecithin, Non-GMO Xanthan

Gum. Stevia Extract (Reb A).

Contains: Milk

Free of Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts. Wheat and Sovbeans.

Also Free of Yeast, Gluten, Barley and Rice.

Allergen Warning: Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE, KEEP OUT OF THE REACH OF CHILDREN.

THIS PRODUCT IS SOLD BY WEIGHT. NOT VOLUME SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT DO NOT USE FOR WEIGHT REDUCTION. SERVINGS PER CONTAINER ARE AN APPROXIMATE.

Extreme Edge® is a registered trademark of Bluebonnet Nutrition Corporation.

BLUEBONNET'S KOF-K CERTIFICATION #K-0000700

Mineral content is based

on an average: amounts

# The sugar content in

this formula is a negligible

amount (2 g/serving), and

NO BANNED

SUBSTANCES

DETECTED

DAIRY ADDED FREE