INFORMED-CHOICE .ORG
Trusted by sport

Informed-Choice® is a quality assurance program that certifies that all nutritional supplements and/or ingredients that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC.

| AMOUNTS PER SERVING | PROTEIN | CALORIES | CARBS | FAT | SUGAR | BCAAs | LEUCINE |
|---|---|---|---|---|---|---|---|
| | 25g | 140 | 4g | 2g | 2g | 5.5g | 2.7g |

**Whether you're preparing for a hard workout, recovering from intense training in the gym or simply looking to increase your protein intake, Elite 100% Whey™ Protein is the perfect anytime protein.**

## FAST-DIGESTING, FAST-ABSORBING, 100% WHEY PROTEIN.

Make the most of your workouts with Elite 100% Whey Protein. Each serving of Elite 100% Whey Protein is packed with 25 grams of high-quality, fast-digesting and absorbing whey protein, including whey protein concentrate, whey protein isolate and whey peptides to support even the most rigorous athletic and fitness goals.

The superior quality of Elite 100% Whey Protein utilizes cross-flow microfiltration processing to preserve the important muscle building properties of whey protein and whey protein fractions such as alpha-lactalbumin and beta-lactoglobulin, serum albumins and immunoglobulins. Elite 100% Whey Protein is formulated by in-house research and development scientists by carefully selecting ingredients that meet our high quality standards and specifications.

**Elite 100% Whey Protein flavors are developed in-house so they are delicious every time you enjoy an Elite 100% Whey Protein shake. Think of it as an indulgent, smart reward for your hard work and dedication.**

## REAL SCIENCE & QUALITY

Dymatize® proteins are formulated based on the latest science and put to the test in university studies and at elite professional training facilities. Dymatize protein powders are always manufactured in GMP and Sport Certified facilities, meaning that all ingredients and final products are rigorously tested and validated clean and safe. They are banned substance tested for athlete's reassurance by Informed-Choice® (www.informed-choice.org).

## DYMATIZE PROTEIN ETHICS

**100% of the protein claimed per serving is derived from high-quality, pure, intact proteins.**
**We do not amino spike.**

All Elite 100% Whey Protein powders are instantized for easy mixing ensuring that you get world class taste and consistency from every serving.

GET DYMATIZED™

COOKIES & CREAM
naturally and artificially flavored

Dymatize®

NET WT 5 LB (2.3 kg)

SOLD BY WEIGHT NOT VOLUME

PROTEIN 25g | BCAAs 5.5g | LEUCINE 2.7g

# ELITE 100% WHEY™

## PROTEIN POWDER 100% WHEY PROTEIN*

**63** SERVINGS
BANNED SUBSTANCE TESTED + GLUTEN FREE

COOKIES & CREAM
naturally and artificially flavored

*100% of the Protein from Whey Protein
Notice: Use this product as a food supplement only. Do not use for weight reduction.

Dymatize
PERFECTING ATHLETIC NUTRITION

## Nutrition Facts

Serving Size: 1 Scoop (36g)
Servings Per Container: About 63

| Amount Per Serving | |
|---|---|
| **Calories** 140 | Calories from Fat 20 |
| | **% Daily Value*** |
| **Total Fat** 2g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| **Cholesterol** 70mg | 23% |
| **Sodium** 150mg | 6% |
| **Potassium** 230mg | 7% |
| **Total Carbohydrate** 4g | 1% |
| Dietary Fiber <1g | 3% |
| Sugars 2g | |
| **Protein** 25g | 50% |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 20% • Iron 2% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WHEY PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, HYDROLYZED WHEY PROTEIN CONCENTRATE), NATURAL AND ARTIFICIAL FLAVORS, COCOA POWDER (PROCESSED WITH ALKALI), POLYDEXTROSE, SOY LECITHIN, SALT, POTASSIUM CHLORIDE, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), ACESULFAME POTASSIUM, SUCRALOSE, STEVIOL GLYCOSIDES (STEVIA).
**CONTAINS: MILK & SOY.**

Manufactured for and distributed by:
Dymatize Enterprises, LLC
Dallas, TX 75234 USA
(888) 334-LEAN

**DIRECTIONS:** Formulated for easy mixing. Add one scoop (included) to 6-8 oz (180mL-240mL) of water, milk or your favorite beverage and mix thoroughly. Enjoy prior to workouts, within 30 minutes after workouts or anytime you desire a high-quality, high-protein drink.

## TYPICAL AMINO ACID PROFILE**
**25g TOTAL AMINO ACIDS PER SERVING**

2:1:1 RATIO BCAAs 5.5g
LEUCINE 2.7g
OTHER EAAs 6.3g
GLUTAMINE† 4.4g
OTHER CEAAs 2.4g
NON-EAAs 8.5g

**47%** ESSENTIAL AMINO ACIDS (EAAs): **11.8 g**
**Why Leucine?** Leucine is the BCAA that is directly involved in activating Muscle Protein Synthesis.

**27%** CONDITIONALLY ESSENTIAL AMINO ACIDS (CEAAS): **6.8 g**
**Is Glutamine important?** Yes! Glutamine supports muscle recovery after strenuous workouts.

**26%** NON-ESSENTIAL AMINO ACIDS (NON-EAAs): **8.5 g**
**Why is non-essential... essential?** Non-Essential amino are foundational building blocks of muscle!

**All Amino Acids are naturally occuring in protein. Amounts are based on one serving. Full Amino Acid Profile can be found at: Dymatize.com/EliteWhey
†Includes Glutamic Acid

MADE IN THE USA FROM DOMESTIC AND INTERNATIONAL INGREDIENTS

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

DYMATIZE.COM

REV001

7 50010 56011 0

1mm Gray Varnish Ink Free