

100% Whey Protein is Way Good For Your Body!

Proteins are one of the most important nutrients and are extremely essential to the human body. As an athlete exercises, more amino acids and protein are required by the body than in an inactive person, thus the need for dietary protein is increased.

100% Whey Protein is naturally rich in Branched Chain Amino Acids (BCAAs). In fact, it contains the highest levels of any other natural food source. If you are exercising you should know that your protein levels will start to deplete once you start exercising and as a result you will require supplemental amino acid to prevent this depletion as well as enhance endurance and build mass.*

Amino Acid	mg/serving gram	Amino Acid	mg/serving gram
Arginine	58	Lysine	81
Aspartic Acid	118	Methionine	26
Cysteine	26	Phenylalanine	33
Glutamic Acid	190	Threonine	55
Histidine	19	Tryptophan	15
Isoleucine	63	Tyrosine	31
Leucine	99	Valine	59

Proteins have the high-profile job of natural bodybuilding (muscle and bone growth). Whey protein helps in building and repairing all the muscles in the body.* Whey protein helps stimulate muscle protein synthesis after exercise to reduce muscle damage and improve endurance.* Regular exercise and consumption of whey protein also helps in developing lean muscles and in increasing the mass of muscles.*

It is important to take **100% Whey Protein** before exercise to provide the nutrients your body needs during training. It is also recommended to have a **100% Whey Protein** shake 0-30 minutes after your workout as this will provide your body with the energy and protein required to support the muscle building process; it may also prevent a buildup of cortisol.*

Item # 10007 • DO NOT PURCHASE IF SEAL IS BROKEN



* 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.



Fit • Form • Function

100% WHEY PROTEIN

Rich Source of BCAAs*
Helps with Weight Reduction*
Promotes Lean Muscle*

Chocolate

Dietary Supplement • Net Wt 2.1 lbs (947.5 g)

25g

PROTEIN

7g

CARBS

4g

SUGAR

2.5g

FAT

Supplement Facts

Serving Size: 2 Scoops (37.9 g)
Servings Per Container: 25

Amount Per Serving	% DV
Calories	150
Calories from Fat	25
Total Fat	2.5 g 4%**
Saturated Fat	1.5 g 8%
Cholesterol	75 mg 25%
Total Carbohydrate	7 g 2%**
Dietary Fiber	1 g 4%**
Sugars	4 g †
Protein	25 g 50%**
Sodium	170 mg 7%

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Other Ingredients: Whey protein concentrate, Cocoa, Maltodextrin, Cane sugar, Gum Blend (Cellulose gum, Xanthan gum, Carrageenan), Salt, Natural flavors, Silica, Acesulfame potassium and Sucralose.

ALLERGEN INFORMATION: CONTAINS MILK AND SOY

DIRECTIONS: Add 2 scoops to 6-8 fl oz of cold water or non-fat milk and mix until dissolved.

SUGGESTED USE: Consume **100% Whey Protein** between 0-30 minutes before and after workouts. Can also be used between meals 2-3 times per day depending on your training needs.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medications, or have a medical condition.

NOTICE: Do not use as a sole source of nutrition for weight loss or maintenance.

Store in a cool, dry place.

Distributed by:
F3™ Nutrition
624 S. Military Trail
Deerfield Beach, FL 33442
(866) 218-1255
www.f3nutrition.com