

MEAL REPLACEMENT* • SUSTAINED RELEASE PROTEIN MATRIX* • MUSCLE RECOVERY*

RONNIE'S WHEY...GO BIG OR GO HOME

A bodybuilder's diet revolves around one key element...PROTEIN! Being that I have over 20 years of experience in the highest competitive level of bodybuilding and the fact that I've won a record 8 Mr. Olympia titles, I know a thing or two about protein supplementation. PRO-ANTIUM™ has been designed with one purpose in mind: to provide you with the highest quality protein at the most concentrated level. If you're reading this paragraph it's probably because you realized that 29 grams of precision blended protein per scoop is pretty freaking serious! You might even notice 29 grams of protein is quite a bit more than the standard, well I'm not your standard bodybuilder and you're not looking for standard results! It's time that someone steps up to the plate and puts out a formula that offers extra protein to those that need it. Bodybuilders and fitness athletes need every gram of protein they can get and meeting those needs can get extremely expensive. Believe me, no one knows this better than me. PRO-ANTIUM™ has been built for these types of athletes.

As a world-class competitor, I can't expect athletes to take something I wouldn't take myself - 29 grams of the highest quality protein is my choice. PRO-ANTIUM™ is delicious, smooth, and most importantly...STRONG! Go with PRO-ANTIUM™: When every gram counts.

YEAH BUDDY!

Ronnie Coleman
Mr. O™

www.RONNIECOLEMAN.net
888.854.3316



RONNIE'S RULES

CAUTION - READ ENTIRE LABEL BEFORE CONSUMING!

DIRECTIONS:

Recommended Use for Males: Take 1-2 scoops with 4-6 oz. to 8-12 oz. of cold water or your favorite beverage. Use approximately 4-6 oz. of liquid per 1 scoop of powder. Vary the amount of your chosen liquid to acquire your desired flavor and consistency. Drink 1-4 servings daily, including after your workout to achieve your bodybuilding and fitness goals. To further increase protein intake and to create a milkshake-like consistency, try adding fat-free or low-fat milk in place of water.

Recommended Use for Females: Take 1 scoop with 4-6 oz. of cold water or your favorite beverage. Vary the amount of your chosen liquid to acquire your desired flavor and consistency. Drink 1-4 servings daily to aid in your varying fitness goals. To further increase protein intake and to create a milkshake-like consistency, try adding fat-free or low-fat milk in place of water.

Warnings: Before taking PRO-ANTIUM™ or any dietary supplement seek advice from your physician if you are unaware of your current health condition, have any pre-existing medical condition(s), taking any medication(s), planning any medical procedure, pregnant, nursing or contemplating pregnancy. Reduce or discontinue use if you have any adverse reactions such as but not limited to gastrointestinal irritation. PRO-ANTIUM™ is only intended to be used by healthy adults 18 years of age and older. Keep out of reach of children and pets.

PERFORMANCE BLEND

29g Protein With
13.5 EAA's

5g Creatine

2.5g Betaine

Ronnie Coleman
SIGNATURE SERIES

29g
PROTEIN
PER SCOOP!

PRO-ANTIUM™

Supreme Multifaceted Protein Complex

+ REBUILD, RECOVER & REFUEL*

+ DELICIOUS & SMOOTH PRECISION BLEND*

+ SUSTAINED PROTEIN RELEASE FOR COMPLETE RECOVERY*

FLAVOR FIT FOR A KING

Made With REAL
Cookie Pieces

ONLY 1g Sugar

Aspartame
FREE

DOUBLE CHOCOLATE COOKIE DIETARY SUPPLEMENT* • NET WT. 4.74LBS

NUTRITION FACTS

Serving Size: 1 Scoop (44g)
Servings Per Container: 50

Amount Per Serving		
Calories	196	
Calories from Fat	40	

		% Daily Value †
Total Fat	5 g	7 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	+
Monounsaturated Fat	2.5 g	13 %
Cholesterol	21 mg	7 %
Sodium	120 mg	5 %
Potassium	350 mg	10 %
Total Carbohydrates	9 g	3 %
Dietary Fiber	2 g	8 %
Sugar	1 g	+
Protein	29 g	52 %

Calcium	9 %	Iron	6 %
Vitamin E	6 %	Riboflavin	8 %
Phosphorus	11 %	Magnesium	8 %
Zinc	2 %	Copper	8 %

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value Not Established.

Ingredients: Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate, Whey Protein Hydrolysate, Micellar Casein, Egg Albumin, Calcium Caseinate, L-Glycine, L-Leucine, L-Isoleucine, L-Valine, Sunflower Oil Powder and/or Soy Oil Powder, MCT Oil Powder [from Coconut], Creatine Monohydrate, Betaine Anhydrous, Dutch Cocoa Powder, Ibiza Cookie Crumbs [Enriched Flour (Wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Cocoa Powder, Soy Bean and/or Palm Oils, Corn Syrup, Chocolate Liquor, Salt, Corn Flour, Dextrose, Sodium Bicarbonate, Soy Lecithin], Glucose Polymers, Inulin, Xanthan Gum, Cellulose Gum, Carrageenan, Natural and Artificial Flavors, Sea Salt, Caramel Color, Acesulfame Potassium, Sucralose.

Amino Acid Profile PER 44G SERVING

Amount Per Serving

Alanine	670 mg
Arginine	420 mg
Aspartic Acid	1480 mg
Cysteine	300 mg
Glutamic Acid	2330 mg
Glutamine	510 mg
Glycine	4590 mg
Histidine	340 mg
Isoleucine	910 mg
Leucine	1610 mg
Lysine	1340 mg
Methionine	350 mg
Phenylalanine	590 mg
Proline	1060 mg
Selenocysteine	2590 mg
Serine	730 mg
Threonine	880 mg
Tryptophane	240 mg
Tyrosine	560 mg
Valine	890 mg

PERFORMANCE BLEND

MAXIMIZE STRENGTH &
LEAN MUSCLE GAINS*



SUPPORT MUSCLE
REPAIR & RECOVERY*

FOR MAXIMUM RESULTS
COMBINE WITH

THE **LEGEND** STACK

MYO-BLITZ™
TESTOGEN-XR™
RESURRECT-P.M.

SCAN HERE
TO TAKE YOUR
TRAINING TO
LEGENDARY STATUS



Warning: Manufactured on
equipment which processes
products containing milk, egg,
soybeans, shellfish, wheat, and
tree nuts.

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

Manufactured Exclusively For:
Ronnie Coleman Signature Series
Boynton Beach, Florida
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MANUFACTURED IN
USA
AT cGMP FACILITY.

"THE ONLY SUPPLEMENTS GOOD ENOUGH TO HAVE MY NAME ON THEM"