Amino acids listed below are for information purposes only. They are not added or combined. The values represent the typical average grams per 100 grams of edible Hydrolyzed Collagen.

Alanine	8.3	Leucine	3.0
Arginine	8.5	Lysine	3.4
Aspartic acid	5.5	Methionine	0.7
Cystine	0	Proline	13.3
Phenylalanine	2.1	Serine	3
Glycine	19.8	Threonine	1.8
Histidine	1.3	Tryptophan	0
Hydroxylysine	0.5	Glutamicacid	11.4
Hydroxyproline	11.7	Tyrosine	0.7
Isoleucine	1.5	Valine	2.2

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



Supplement Facts: Serving size one full scoop (33g) Servings per container approximately 21

g- p-				
Amoun	t/Serving	% Daily Value	Amount/Serving % Daily Va	/alue Amount/Serving % Daily Value
Calories	110		Vitamin C (as Ascorbic Acid), (USP-FCC) 60mg 100	10% Copper (as Copper Gluconate), (USP) 2mg 100%
Calories from fat	0		Vitamin B7 (as Biotin), (USP) 0.3mg 100	100% Pantothenic Acid (d-Calcium Pantothenate) 10mg 100%
Total Fat	0.8g	1%	Folic Acid (USP) 400mcg 100	100% Calcium (as Dicalcium Phosphate), (FCC) 1000mg 100%
Saturated Fat	0	0%	Niacin (as Niacinamide), (USP-FCC) 20mg 100	100% Magnesium (as Magnesium Oxide), (USP) 400mg 100%
Cholesterol	0	0%		low lodine (as Potassium lodide), (USP-FCC) 150mcg 100%
Sodium	42mg	2%		100% Iron (as Reduced Iron), (FCC) 18mg 100%
Potassium	60mg	2%	Vitamin A (as Acetate), (USP-FCC) 5000IU 100	100% Zinc (as Zinc Oxide), (USP)
Total Carbohydrates	3.4g	1%	Vitamin B12 (as Cyanocobolamine), (USP) 6.0mcg 100	10%
Dietary Fiber	0.6g	2%		10%
Sugars	2.8g	1%	Vitamin D3 (as Cholecalciferol), (USP-FCC) 400IU 100	10%
Total Protein	20g	40%	Vitamin E (as Acetate), (USP-FCC) 30IU 100	10%
Collagen 1 & 3	10g	20%		
Whey	10g	20%		

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

Other ingredients: Collagen 1 & 3. Whey Proteins and Pentide Isolates (consisting of Beta Lactoplobulin Alpha Lactabumin and Immunoplobulins). Oat Bran, Guar Gum, FOS (fructooligosaccharides), Pomegranate Extact, Vanilla Flavorings, Fructrose, Non-Fat Dry Milk







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youtheory

Anti-Aging

vanilla 10 grams of collagen + 10 grams of whey protein



10 grams of collagen + 10 grams of whey protein

- + beauty inside & out + maximum absorbtion
- + amino acids + stronger hair & nails
- + added joint formula + great for ligaments & tendons

Designed for the active, busy, and on the go lifestyle. Whether you are working out or just working, our bodies need replenishing daily. One scoop per day will supply twenty (20) grams of protein and fortified with 100% of RDA of vitamins and minerals. The protein is derived from both Whey and Collagen 1 & 3. Collagen, the most abundant protein in the body is found in the connective tissue, skin, tendons, cartilage and bones, and is critical to the formation and on going health of these tissues and structures. Hydrolyzed Collagen is fat free, cholesterol-free, carbohydrate-free and helps the body with the maintenance of dieting. Vitamin C assists the body in the manufacture of collagen. Whey protein provides branched amino acids, which are the building blocks of muscle tissue*.



Suggested use: Recommended intended serving is once per day based on 100% of RDA.

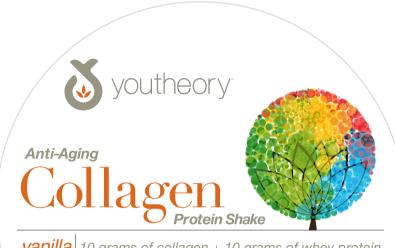
Stir one scoop in approximately six (6) ounces of low fat milk, or very cold water. For a thicker drink, crush ice in blender and follow the same directions. You may also add fruit, juice or vogurt and blend.

WARNING

KEEP OUT OF THE REACH OF CHILDREN.

This product contains iron and can be harmful to childen. If you are pregnant, nursing, or have a medical condition, always consult your physician before using any supplement. This Product Contains A Milk Derivative.

Net Wt. 24 oz. 1lb. 8oz. (680g)



vanilla 10 grams of collagen + 10 grams of whey protein

Net Wt. 24 oz, 1lb. 8oz, (680g)

