## SUPPLEMENT FACTS

Serving Size: 2 Scoops %DV** 3 Scoops %				
Serving Size:	2 Scoops	70UV	3 Scoops	%DV*
Amount Per Serving	~47 g		~70 g	
Servings Per Container	24		16	
Calories:	204	11/	306	
Calories From Fat	48		72	
Total Fat	5 g	7%	8g	10%
Saturated Fat	0 g	0%		0%
Cholesterol	14 mg	5%	21 mg	8%
Sodium	40 mg	2%	60 mg	3%
Potassium	147 mg	15%	221 mg	22%
Total Carbohydrates	15 g	5%	23 g	8%
Dietary Fiber	3 g	12%	4 g	16%
Sugar (unrefined)	5 g			
Protein			36 g	

## Vitamin and Mineral Profile

Vitalilli and willeral Profile	
Vitamin A:	L-Lysine* 3852mg
Vitamin C:	L-Methionine* 1325mg
Calcium:	L-Phenylalanine 1325n
Iron:	L-Proline 1635mg
Vitamin D:	L-Serine 1735mg
Vitamin E:	L-Threonine 1915mg
Thiamin (B1):	L-Tryptophan 979mg
Riboflavin (B2)	L-Tyrosine 1484mg
Niacin (B3):	L-Valine (BCAA) 1671n essential amino acids
Niacin (B3):	

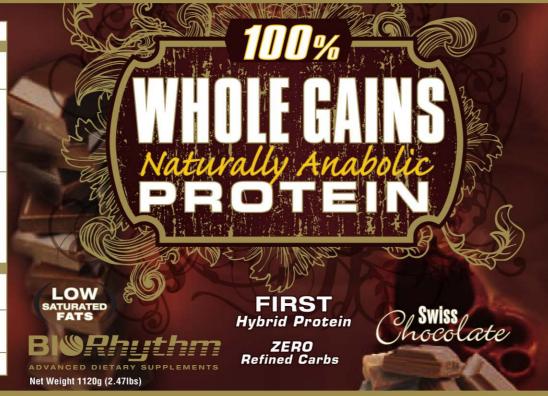
## Natural Anabolic Components

Whole Anabolic Blend: Undenatured Whey Protein (3:1 Whey Protein Concentrate/Isolate), Micellar Caseins and Caseinate, Whole Milk Protein, Hydrolyzed Whey Protein, and Whey Protein Isolate. Whole Carbohydrate Fuel: Whole Grain Rice Polymers, Whole Grain Oats and Oat Fiber, Evaporated Cane Juice and Chicory, Whole Lean Fats: Sunflower Oil, Medium Chain Triglycerides and Canola Oil.

Cane Judes and Chicory, Whole Lean Pats: Sunhower Orl, Medium Chain Ingiyeerides and Canola Oil.

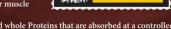
Other Ingredients: Vitamin and Mineral Blend (Vitamin A acetate, cholecalciferol, d-alpha-tocopherol acetate, ascorbic acid, folate, thiamine monohydrate, riboflavin, niacinamide, pyrodoxine HCL, cyanocobalamine, biotini, pantothenic acid, di-caclcium phosphate, potassium iodide, potassium chloride, ferrous fumerate, magnesium oxide, copper gluconate, and zinc oxide), cocoa, Complete Absorb Enzyme Blend ( Pancreatin 4X providing Anylase, 50,000 USP units, Protease Si. 000 USP units, Instaural and artificial flavors and sucralose.

\*\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. † Vitamin & mineral and amino acid profiles are based on a 3 scoop serving.



Directions: As an adult dietary supplement, mix one serving with 4-8 oz. of water or low fat milk. 100% Whole Gains can be enjoyed as a thick and rich whole food creamy shake or as a thin flavorful meal replacement – depending on serving size and fluid volume.

Why 100% Whole Gains? Feed your body with a uniquely natural and delectable supplement while creating an anabolic environment for muscle growth and repair.\*



Whole Anabolic Blend assembles a unique ratio of undenatured whole Proteins that are absorbed at a controlled rate, maximizing the body's positive nitrogen balance – the very definition of anabolic!\*

Whole Carbohydrate Fuel is a food based whole grain high energy source for muscle contraction, refueling and repair. 100% Whole Gains uses no processed carbs notorious for bloating and increasing stored fat.\*

Whole Lean Fats is another high energy source rich in EFA's readily available for enhancing your body's metabolism while assisting in protein synthesis. 100% Whole Gains uses only the highest quality & most healthy ingredients, yielding low saturated fat content.\*

100% Whole Gains is further enhanced with Complete Absorb Digestive Enzyme Complex. This naturally occurring enzymatic blend will help ensure complete and full absorption getting you better results per each serving.\* When to use 100% Whole Gains? This premium meal supplement is an excellent choice for breakfast, in the afternoon or late evening. 100% Whole Gains offers a good source of healthy fats, whole grain carbohydrates and extended release protein blend that can be efficiently utilized any time of the day. Use a smaller serving size as a hunger busting mid day snack, or prepare a full serving as a pre-workout muscle fueling meal (30 minutes to 2 hrs before training).\*

Don't let this natural formula fool you. Expect a great tasting, lean muscle building and fat attacking complex that combines common sense nutrition with 21st century meal replacement technology.

WARNING: This product should not be used as the sole source of nutrition. Not to be used as a meal replacement for pregnant or nursing women without the advice of a physician. Anyone who desires to lose 20% or more body weight should consult a physician before use.

Caution: This product contains milk proteins and grain products. Individuals with milk, grain, wheat or gluten sensitivities should use caution when using this product to avoid any allergic reactions

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for and distributed by: BioRhythm-ADS 1-866-429-2600 www.biorhythm-ads.com

