

SUPPLEMENT FACTS

Serving Size:	2 Scoops	%DV**	3 Scoops	%DV**
Amount Per Serving	~47 g		~70 g	
Servings Per Container	24		16	
Calories:	204		306	
Calories From Fat	48		72	
Total Fat	5 g	7%	8g	10%
Saturated Fat	0 g	0%	<1	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		7 g	
Protein	24 g		36 g	

Vitamin and Mineral Profile†

Vitamin A:	33%	Vitamin B6:	33%
Vitamin C:	33%	Folic Acid:	33%
Calcium:	33%	Vitamin B12:	33%
Iron:	33%	Biotin:	33%
Vitamin D:	33%	Magnesium Stearate:	33%
Vitamin E:	33%	Pantothenic Acid:	33%
Thiamin (B1):	33%	Copper:	33%
Riboflavin (B2):	33%	Zinc:	33%
Niacin (B3):	33%	Chromium: 40mcg	33%

Enhanced Amino Acid Profile†

L-Alanine 1668mg	L-Lysine* 3852mg
L-Arginine 939mg	L-Methionine* 1325mg
L-Aspartic Acid 4021mg	L-Phenylalanine 1325mg
L-Cystine 490mg	L-Proline 1635mg
L-Glycine 1616mg	L-Serine 1735mg
L-Glutamic Acid 5150mg	L-Threonine 1915mg
L-Histidine* 770mg	L-Tryptophan 979mg
L-Isoleucine (BCAA)* 1631mg	L-Tyrosine 1484mg
L-Leucine (BCAA)* 4289mg	L-Valine (BCAA) 1671mg

* essential amino acids

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.

Other Ingredients: Vitamin and Mineral Blend (Vitamin A acetate, cholecalciferol, d-alpha-tocopherol acetate, ascorbic acid, folate, thiamine monohydrate, riboflavin, niacinamide, pyridoxine HCL, cyanocobalamin, biotin, pantothenic acid, di-calcium phosphate, potassium iodide, potassium chloride, ferrous fumarate, magnesium oxide, copper gluconate, and zinc oxide), cocoa, Complete Absorb Enzyme Blend (Pancreatin 4X providing Amylase, 50,000 USP units, Protease 50,000 USP units Lipase 8,500 USP units) natural 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.

100%

WHOLE GAINS

Naturally Anabolic

PROTEIN

LOW
SATURATED
FATS

BioRhythm

ADVANCED DIETARY SUPPLEMENTS

Net Weight 1120g (2.47lbs)

FIRST
Hybrid Protein

ZERO
Refined Carbs

Swiss
Chocolate

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 EFAs 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

