

Chocolate Flavored
~ WHEY-BASED PROTEIN ~

110
CALORIES
PER SERVING

18g
PROTEIN
PER SERVING

RICH
IN NUTRIENTS

NO
ADDED SOY

GLUTEN
FREE

NO
ASPARTAME

21ST Century HealthCare ReNourish is made with natural, whey-based protein and is uniquely formulated for superior performance. Our delicious chocolate whey protein is naturally flavored with no aspartame or added soy. Our high protein formula helps satisfy hunger and aids in building lean muscle.*

DIRECTIONS FOR USE: Can be used as a low calorie snack or a post-workout drink. As a dietary supplement, mix two (2) scoops of whey protein with 3/4 cup (6 fl oz) of cold water or milk. Stir/blend until dissolved. For a smoothie blend, add fruits, vegetables and yogurt.

WARNINGS: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Discontinue use and contact a physician if adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Yeast or Preservatives.

21ST Century ReNourish is 100% whey-based protein using the highest quality whey proteins instantized for easier mixing.

USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.
DO NOT USE FOR WEIGHT REDUCTION.

Whey protein is for anyone who desires additional protein in their daily diet. This product should not be used as a sole source of nutrition.

CONTENTS ARE SOLD BY WEIGHT. SOME SETTLING MAY OCCUR.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

21ST
CENTURY

RE>>NOURISH™

whey protein

100% WHEY-BASED PROTEIN
PLUS ESSENTIAL B-VITAMINS & MINERALS

110
CALORIES
PER SERVING

18g
PROTEIN
PER SERVING

NATURALLY FLAVORED
Chocolate



GLUTEN FREE NO ADDED SOY

PROTEIN SUPPLEMENT NET WT. 1 LB (16 OZ.) (454 g)

Supplement Facts

Serving Size: 2 Level Scoops (30g)
Servings Per Container: 15

Amount Per Serving		% DV**
Calories	110	
Calories from Fat	19	
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	51 mg	17%
Sodium	80 mg	3%
Potassium	180 mg	5%
Total Carbohydrate	5 g	2%
Dietary Fiber	2 g	8%
Sugars	3 g	
Protein	18 g	36%
Calcium (as Dicalcium Phosphate)	200 mg	20%
Vitamin D (as D ₃ Cholecalciferol)	200 IU	50%
Thiamin (as Thiamin Hydrochloride)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Phosphorus (as Dicalcium Phosphate)	150 mg	15%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Gluconate)	5 mg	33%

Not a significant source of Vitamin A, C and Iron.

** Percent Daily Values are based on a 2,000 calorie diet.



Proudly Manufactured by
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