

FUEL YOUR MUSCLES WITH GREAT TASTING WARRIOR WHEY™ PROTEIN

To be a real warrior you should consume 1.5 grams of protein per pound of body weight for growing lean, hard and bigger muscles. Tapout® Warrior Whey™ delivers the most absorbable, highest quality protein shake that you have ever tasted!†

Whey protein helps you reach your goals whether it is to increase muscle size and get stronger, lose weight and body fat, or to stay fit and lean. Supplementing with Warrior Whey™ Protein will stop the breakdown effect of training and will supply your muscles with the protein and amino acids they need to rebuild, repair, and grow.†

Tapout® Warrior Whey™ provides the body almost 6 grams of BCAA's, the necessary building blocks that are used for building muscle tissue. In each scoop you will find premium protein and nutrients, necessary to fuel your body. Your muscles will crave it! Your taste buds will demand more!



TAPOUTSN.COM

The Revolution In Nutrition™

We started Tapout™ Nutrition to assist and inspire you to reach your training goals. I believe if you use these products, and apply yourself, you will get the results you want and feel great about yourself!

With the right attitude and passion, anything is possible!

Dan Caldwell

Dan Caldwell a.k.a. PunkAss
Tapout LLC., CEO and Co-Founder

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

MUSCLE FUEL!

TAPOUT
SPORTS NUTRITION

WARRIOR WHEY

23g OF PROTEIN PER SERVING

MIXES INSTANTLY!

BUILD LEAN MUSCLE[†]
SUPPORTS RECOVERY[†]
SUPERIOR TASTE PROFILE

VANILLA
Natural & Artificial Flavoring

DIETARY SUPPLEMENT Net Wt. 2.2 lbs (1000 g)

WARRIOR WHEY™

Supplement Facts

	Amount Per Serving	% DV*
Serving Size 1 Scoop (32g)		Servings Per Container 30
Calories	120	
Calories from Fat	12	
Total Fat	1.5 g	2%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	60 mg	20%
Sodium	40 mg	2%
Potassium	145 mg	4%
Total Carbohydrate	4 g	2%
Dietary Fiber	0.5 g	2%
Sugars	2 g	
Protein	23 g	52%
Calcium	133 mg	12%
Phosphorus	80 mg	8%
Magnesium	8 mg	2%

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

INGREDIENTS: Whey protein concentrate, natural & artificial flavoring, natural & artificial coloring, xanthan gum, sucralose, carageenan, acesulfame potassium, salt. Contains milk, egg and soy derivatives.

DIRECTIONS FOR USE:

1 scoop (32 grams), in 4 to 5 ounces of cold water, provides 23 grams of ultra high-quality protein. Stack (combine) with a number of performance-specific TAPOUT® SPORTS NUTRITION products to increase and enhance protein intake.

2 scoops (64 grams), in 8 to 10 ounces of cold water, adds a whopping 46 grams of ultra high-quality protein to your diet!

- Great in lowfat milk. Makes a delicious, creamy shake.
- Add to hot or cold cereals, baked goods, pancake mixes, yogurt, etc., to increase your daily intake of protein.

Manufactured by: ©2009 CHAMPION NUTRITION
1301 SAWGRASS CORP., P.O. BOX 1, SUNRISE, FL 33323 • 1-800-225-4831 MADE IN USA
WWW.CHAMPIONNUTRITION.COM

Excellent BCAA to EAA ratio.

Total of BCAA (21.9 g) / Total of EAA (43.7 g) = 50.1%
BCAA - Branched-Chain Amino Acid EAA - Essential Amino Acid
To help keep you in positive nitrogen balance, each serving of WARRIOR WHEY™ is packed with muscle-building "nitrogen" in the form of peptide-bonded branched-chain, essential, and conditionally essential amino acids.

AMINO ACIDS IN WARRIOR WHEY™	PER 32g SERVING	PER 100g WHEY PRO TEIN
ESSENTIAL AMINO ACIDS (EAA):		
L-Leucine (BCAA)	2.86 g	11.0 g
L-Isoleucine (BCAA)	1.53 g	5.9 g
L-Valine (BCAA)	1.50 g	5.0 g
L-Lysine	2.18 g	8.4 g
L-Threonine	1.82 g	7.0 g
L-Methionine	0.52 g	2.0 g
L-Phenylalanine	0.76 g	2.9 g
L-Tryptophan	0.39 g	1.5 g
CONDITIONALLY ESSENTIAL AMINO ACIDS:		
L-Alanine	0.53 g	2.0 g
L-Histidine	0.42 g	1.6 g
L-Glutamic Acid	4.06 g	15.7 g
L-Cysteine	0.75 g	2.9 g

IN ADDITION: WARRIOR WHEY™ also contains excellent amounts of non-essential amino acids. Visit our website for more information.

ALLERGY WARNING: Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat and crustacean shellfish derivatives.

WARNING: This product is intended for human use by healthy, physically active adults 18 and over. If you are pregnant, lactating, under medical care or using any medications, please consult your physician before using this or any other dietary supplement.

Contents may settle; filled by weight, not by volume.

Product Code: T0W02 0.1.0.1.0/8/09



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