

Typical Amino Acid Profile – Each serving contains:

Essential Amino Acids		Non-Essential Amino Acids	
L-Leucine*	3192 mg	L-Arginine	455 mg
L-Isoleucine*	1540 mg	L-Aspartic Acid	2565 mg
L-Valine*	1275 mg	L-Cystine	920 mg
L-Lysine	2568 mg	L-Alanine	1262 mg
L-Threonine	1044 mg	L-Glutamic Acid	4216 mg
L-Methionine	512 mg	L-Glycine	473 mg
L-Phenylalanine	960 mg	L-Histidine	512 mg
L-Tryptophan	636 mg	L-Proline	1033 mg
		L-Serine	977 mg
		L-Tyrosine	860 mg

* Total Branch Chain Amino Acids (BCAAs) 6007 mg
Total Essential Amino Acids (EAAs) 11727 mg
Total Amino Acids 25000 mg

DIRECTIONS: Take 1 – 3 servings daily. For maximum muscle growth, take before and after your workout.

IFAST: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar 100% Whey Protein into 8oz of water or milk in a blender. If desired, add fruit, peanut butter, yogurt, or ice cream. Blend for 30 – 45 seconds.

IFASTER: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar 100% Whey Protein into 8oz of water or milk in a shaker cup. Shake for 25-30 seconds.

IFASTEST: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar 100% Whey Protein into 8oz of water or milk in a glass. For a thicker shake, mix into 4oz of water or milk. Ultimate Nutrition Prostar 100% Whey Protein is instantized so it will mix easily with a spoon.

To meet the needs of athletes, researchers at Ultimate Nutrition have developed Ultimate Nutrition Prostar 100% Whey with all of the essential and non-essential amino acids to build muscle after intense exercise of both short and long duration. It is a customized whey that is isolated by a complex low temperature processing system that utilizes a proprietary micro and ultra filtration process to ensure the highest quality whey protein. Ultimate Nutrition Prostar 100% Whey contains all the whey protein fractions such as Beta Lactoglobulin, Alpha Lactalbumin, Glycomacropeptide, Immunoglobulins, Proteose Peptones, Serum Albumin, Lactoferrin and Lactoperoxidase.

Since exercise can take a toll on the immune system, Ultimate Nutrition Prostar 100% Whey is the nutritional protein shake of choice for those who lead an active lifestyle. Ultimate Nutrition Prostar 100% Whey supports muscle maintenance, buildup and toning for anyone from weekend warriors to hardcore bodybuilders. Furthermore, it provides wholesome support for compromised or wasting muscle due to the aging process. Ultimate Nutrition Prostar 100% Whey is the nutrition for champions, no matter what your goals are!



Distributed by:
Ultimate Nutrition, Inc.
P. O. Box 643
Farmington, CT
06034 USA
www.UltimateNutrition.com

ULTIMATE
NUTRITION®

PLATINUM SERIES

PROSTAR 100% WHEY PROTEIN

Great Tasting

COOKIES N' CREAM

NATURALLY & ARTIFICIALLY FLAVORED

DELICIOUS WHEY PROTEIN SHAKE

NET WT. 5.28 LBS (2.39 KG)

25 Grams of Protein •

Mixes Instantly •

Over 6 Grams of BCAAs •

Low Fat •

Nutrition Facts

Serving Size: 1 Scoop (about 30g)
Servings per Container: about 80

Amount per Serving	
Calories 120	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 30mg	1%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 25g	50%
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 2%

* Percent Daily values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate and Whey Peptides), Chocolate Cookie Pieces*, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, and Soy Lecithin

* Chocolate Cookie Pieces Ingredients: Bleached Wheat Flour, Sugar, Cocoa (Processed with Alkali), Palm Oil, Corn Syrup, Corn Flour, Soy Lecithin, Baking Soda, Salt, and Natural and Artificial Flavors.

Contains Milk, Soy, Wheat and Tree Nut (Palm)

Notice: Use this product as a food supplement only.
Do not use for weight reduction.

Security Hologram Strip Security Security Hologram Strip Security Security Hologram Strip Security Hologram Strip Security Hologram Strip Security Hologram Strip Security Hologram Strip