## **MICELLAR CASEIN**

## **USE & MIXING INSTRUCTIONS**

- Mix 1 serving in 12 oz of water, milk, or any beverage of your choice. Vary the amount of water to achieve your preferred consistency and taste. For best results, take up to 1 serving a day.
- Use with a healthy diet and exercise program.
- · Contents sold by weight, not volume. Some settling may occur.

## **MYOPLEX HERITAGE**

In 1995, after years of research into the science of nutrition and muscle retention, EAS developed Myoplex®. It proved so effective, it quickly became known as the go-to supplement for building new muscle and recovering from workouts. Today, Myoplex is still one of the most trusted, high-performance supplements available. And building on this history of safe and proven innovation, the 2015 Myoplex line of nutrition products can help you reach your ultimate fitness goal. Again and again.

Visit EAS,com to learn how EAS® can help you achieve your athletic or fitness goals.



MYOPLEX

REST & RECOVER\* 26g 4g 140 CALORIES **VANILLA** 

INNOVATION

& DEDICATION

**SINCE 1993** 

**NATURAL & ARTIFICIAL** FLAVOR



Amount Per Servin	% Daily Value*	
Calories	140	
Calories from Fat	15	
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
<i>Trans</i> Fat	0 g	t
Cholesterol	15 mg	5%
Sodium	150 mg	6%
Potassium	135 mg	4%
Total Carbohydrate	4 g	1%
Dietary Fiber	2 g	8%
Sugars	2 g	Ť
Protein		52%
E³ Fusion		
Calcium HMB	1.5 g	t
(B-hydroxy-B-meth	ylbutyrate monohydrate	9)
L-Leucine	500 mg	†
Phosphatidylserine		†
Relaxation Comple		
L-Tryptophan	1000 mg	†
α-casein decapept	de 150 mg	Ť
(Lactium®)	150 mg	
L-Theanine (Suntheanine®)	150 mg	1

Calcium

0% • Vitamin C 100% • Iron

Other Ingredients: Micellar Casein, Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Tri-calcium Phosphate, Soy Lecithin, Tocopherols), Natural And Artificial Flavor, Less Than 2% Of: Xanthan Gum, Carrageenan, Salt. Acesulfame Potassium And Sucralose. Contains Milk And Soy Ingredients.

**Abbott Nutrition** Abbott Laboratories 3300 Stelzer Road Columbus, Ohio

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#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.

To report an adverse event or to obtain product information contact 1-800-297-9776.





<sup>\*</sup> Percent Daily Values (%DV) are based on a 2,000 Calorie diet. †Daily Value (DV) not established.