

# 5 LB. VALUE SIZE

## BODY FORTRESS®

SUPER ADVANCED

# WHEY PROTEIN

FEATURES 100% PREMIUM WHEY  
ZERO ADDED SOY PROTEIN Δ

**60g** PROTEIN\* | **12g** BCAAs\*

- BUILD LEAN MUSCLE & STRENGTH ◊
- BOOST POST-WORKOUT RECOVERY ◊
- ZERO ASPARTAME  
ZERO GLUTEN

**CHOCOLATE**  
Naturally & Artificially Flavored

\*PER 2 SCOOPS

Supplement Facts			
Serving Size	1 Scoop (60 g)	2 Scoops (100 g)	
Servings Per Container	about 45	about 22	
Amount Per Serving	%Daily Value	%Daily Value	%Daily Value
Calories	210	430	
Calories from Fat	45	90	
Total Fat	5 g	8%*	10 g 15%*
Saturated Fat	2.5 g	13%*	5 g 25%*
Cholesterol	125 mg	42%	245 mg 82%
Total Carbohydrate	8 g	3%*	17 g 6%*
Dietary Fiber	1 g	4%*	2 g 8%*
Sugars	4 g	***	7 g ***
Protein	30 g	60%*	60 g 120%*
Calcium	132 mg	13%	263 mg 26%
Phosphorus	115 mg	12%	230 mg 23%
Magnesium	31 mg	8%	62 mg 16%
Sodium	110 mg	5%	220 mg 9%
Potassium	260 mg	7%	520 mg 15%
Super Recovery Blend	4.5 g	***	9 g ***
Creatine (as Creatine Monohydrate)	1.5 g	***	3 g ***
Taurine	1.5 g	***	3 g ***
L-Glutamine	1.5 g	***	3 g ***

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\*Daily Value not established.

**Other Ingredients:** Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Maltodextrin, Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

Δ Contains soy lecithin for enhanced mixability.

**TYPICAL AMINO ACID PROFILE (MILLIGRAMS PER 50 G SCOOP\*\*\*\*)**

ESSENTIAL AMINO ACIDS		NONESSENTIAL AMINO ACIDS	
Histidine	450 mg	Alanine	1,310 mg
Isoleucine	1,680 mg	Arginine	685 mg
Leucine	3,055 mg	Aspartic Acid	3,080 mg
Lysine	2,665 mg	Cysteine	620 mg
Methionine	590 mg	Glutamic Acid	5,820 mg
Phenylalanine	875 mg	Glycine	550 mg
Threonine	1,680 mg	Proline	1,700 mg
Tryptophan****	350 mg	Serine	1,415 mg
Valine	1,595 mg	Tyrosine	825 mg

\*\*\*\*L-Tryptophan is naturally occurring, not added.  
\*\*\*\*approximate values

**BODY FORTRESS®**

YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit [www.bodyfortress.com](http://www.bodyfortress.com).

**Directions:** For adults, add one (1) scoop to 6-8 ounces or two (2) scoops to 14-16 ounces of your favorite beverage. Consume within 10 minutes after mixing. Take this product with an adequate daily fluid intake. Super Advanced Whey Protein can be taken immediately following exercise or as needed throughout the day in order to meet your daily protein requirements.



Stir for 20-30 seconds or until completely blended.

Cover and shake for 25-30 seconds.

Cover and blend for 20-30 seconds.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

Contents are sold by weight. Some settling may occur.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

**KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

†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.



Manufactured according to cGMP standards, as is required for all dietary supplements.



GLUTEN FREE



from select ingredients from around the world.



Carefully Manufactured for United States Nutrition, Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980



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PROTEIN SUPPLEMENT/ NET WT. 5 lb. (80 oz.) [2,268 g]  
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

**YOU GET 100% IN TRAINING:** BODY FORTRESS® GIVES YOU 100% RIGHT BACK. SUPER ADVANCED WHEY PROTEIN FEATURES 100% PREMIUM WHEY ENHANCED WITH CREATINE AND OTHER CRITICAL AMINO ACIDS. OUR NO-NONSENSE FORMULA GIVES YOU THE POWER TO TRAIN HARDER AND REBUILD LEAN MUSCLE FASTER, BECAUSE TOMORROW'S WORKOUT STARTS WITH TODAY'S RECOVERY.\*◊

- PREMIUM WHEY PROTEIN TO BUILD LEAN MUSCLE & STRENGTH ◊
- AMINO ACIDS - PLUS CREATINE FOR IMPROVED TRAINING RECOVERY\*◊
- 12g OF NATURALLY OCCURRING BCAAs FROM PROTEIN\*
- CONTAINS ZERO ASPARTAME - ZERO GLUTEN - ZERO GIMMICKS

**SUPER ADVANCED WHEY PROTEIN** FEATURES 100% PREMIUM WHEY AND UNLIKE KEY COMPETITORS OUR FORMULA CONTAINS ZERO ADDED SOY PROTEIN Δ. WHEY PROTEIN IS THE PREFERRED SOURCE FOR SPORTS NUTRITION AS IT PROVIDES A HIGHER CONCENTRATION OF BCAAs ESSENTIAL FOR SUPPORTING STRENGTH AND TRAINING PERFORMANCE. ◊

**WHEY BETTER WITH BODY FORTRESS®**

	Body Fortress® Super Advanced Whey	COMPETITOR #1	COMPETITOR #2
PROTEIN PER SERVING	<b>30g</b>	<b>30g</b>	<b>25g</b>
Features 100% WHEY PROTEIN	●	●	●
Enhanced with a Non-Proprietary Blend of CREATINE & AMINO ACIDS	●	●	●
Contains ZERO ADDED SOY PROTEIN Δ	●	●	●
Contains ZERO ADDED CORN SYRUP SOLIDS	●	●	●

† contains proprietary amino acid blend



**HAVE YOU MADE NOS BLAST PART OF YOUR TRAINING?**

ADD NOS BLAST to your pre-workout routine and start pushing the limits of your training. Our high-powered formula is designed to deliver enhanced mental focus, increased strength, and explosive energy through your workout. ◊ Make every workout your best performance with NOS Blast.

\*PER 2 SCOOPS