

CHOCOLATE
Naturally & Artificially Flavored

NEW!
PORTABLE PROTEIN

40g
PROTEIN†
FEATURING
100% WHEY

BODY X FORTRESS®

QUICK DISSOLVING

**PROTEIN
PAKS**

FEATURING 100% PREMIUM WHEY

 DROP, SHAKE & FUEL

 BUILD LEAN MUSCLE

 POST-WORKOUT
RECOVERY

40g | **9g**
PROTEIN† | BCAAs†
†Per 2 PAKs

18 PAKS
SINGLE SERVING / QUICK DISSOLVING

PROTEIN POWDER 18 - 1 oz. [28.5g] PAKS - Net Wt. 18 oz. [513g]
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Nutrition Facts

18 Servings per container		1 PAK (28.5g)	
Serving size			
	Per 1 PAK	Per 2 PAKs	
Calories	100	200	
	%Daily Value*	%Daily Value*	
Total Fat	1g	1%	2g 3%
Saturated Fat	0.5g	3%	1g 5%
Trans Fat	0g		0g
Cholesterol	20mg	7%	35mg 12%
Sodium	100mg	4%	200mg 9%
Total Carbohydrate	3g	1%	5g 2%
Dietary Fiber	0g	0%	0g 0%
Total Sugars	<1g		1g
Incl. Added Sugars	0g	0%	0g 0%
Protein	20g	40%	40g 80%
Vitamin D	0mcg	0%	0mcg 0%
Calcium	82mg	6%	165mg 15%
Iron	0.9mg	6%	1.9mg 10%
Potassium	230mg	4%	460mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Super Whey Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Cocoa (processed with alkali), Natural and Artificial Flavors, Cellulose Gum, Polyvinyl Alcohol, Sunflower Lecithin, Soy Lecithin, Silica, Acesulfame Potassium, Propylene Glycol, Vegetable Glycerin, Water, Xylitol, Sucralose, Sorbitol, Polysorbate 80. Contains milk and soy ingredients.

TYPICAL AMINO ACID PROFILE (MILLIGRAMS PER 28.5 G PAK***)	
ESSENTIAL AMINO ACIDS	NONESSENTIAL AMINO ACIDS
Histidine 360 mg	Alanine 1,020 mg
Isoleucine 1,170 mg	Arginine 490 mg
Leucine 2,200 mg	Aspartic Acid 2,140 mg
Lysine 1,920 mg	Cysteine 430 mg
Methionine 460 mg	Glutamic Acid 3,610 mg
Phenylalanine 640 mg	Glycine 360 mg
Threonine 1,410 mg	Proline 1,180 mg
Tryptophan** 340 mg	Serine 1,030 mg
Valine 1,190 mg	Tyrosine 590 mg

**L-Tryptophan is naturally occurring, not added.

***approximate values

BODY X FORTRESS®
YOUR BODY - YOUR FORTRESS.®

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



GLUTEN FREE



Manufactured according to
cGMP standards, with ingredients
for all dietary requirements.

DIRECTIONS: Add one (1) PAK to 6-8 ounces or two (2) PAKs to 14-16 ounces of your favorite beverage. Shake or blend thoroughly until fully dissolved.

For best results, mix using a shaker cup or blender. Do not cut or tear open the dissolvable film prior to mixing.

This product is intended to be consumed as a beverage once PAKs are fully dissolved in liquid. Do not eat whole or swallow for risk of choking.

GOODS ARE NOT FOR USE IN PRODUCTS INTENDED FOR CONSUMPTION BY INFANTS, CHILDREN, OR PREGNANT OR LACTATING WOMEN.

*Nielsen Expanded All Outlets Combined 52 Weeks Ending 9/29/18, excluding online sales

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF PACKAGE IS TORN OR OPEN.

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

QUICK DISSOLVING
**PROTEIN
PAKS**
FEATURING 100% PREMIUM WHEY

AMERICA'S #1
MUSCLE AND STRENGTH
DEVELOPMENT POWDER BRAND*

INTRODUCING BODY FORTRESS® PROTEIN PAKS!

The portable protein solution that makes taking your protein powder on-the-go easier and more convenient than ever – No more digging for buried scoops or messy spills. Each individual serving is built with Premium Whey Protein and packaged in fully dissolvable PAKs made from 100% food grade ingredients – simply drop it in, shake it up and begin building your fortress.

Take **PROTEIN PAKS** with you anywhere
and use anytime



AT HOME



ON THE GO



AT THE GYM

QUICK DISSOLVING
**PROTEIN
PAKS**
FEATURING 100% PREMIUM WHEY

AMERICA'S #1
MUSCLE AND STRENGTH
DEVELOPMENT POWDER BRAND*

1 PAK | 2 PAKS
20g | **4g** | **40g** | **9g**
PROTEIN | BCAAs | PROTEIN | BCAAs
PRE-MEASURED FOR PRECISE DOSING



DROP, SHAKE &
FUEL



BUILD LEAN
MUSCLE



POST-WORKOUT
RECOVERY