

20g
PROTEIN

FEATURING 100%
PLANT BASED
COMPLETE PROTEIN



VANILLA
Naturally Flavored

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

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COMPLETE PROTEIN THAT IS 100% PLANT BASED

LOOKING TO ADD MORE PLANT-BASED NUTRITION TO YOUR ROUTINE WITHOUT SACRIFICING YOUR HARD-EARNED GAINS WITH AN INFERIOR PROTEIN? WHILE MOST PLANT PROTEINS HAVE LOW LEVELS OF AT LEAST ONE ESSENTIAL AMINO, BODY FORTRESS® COMPLETE PLANT PROTEIN IS MADE FROM NATURALLY SOURCED SUPER GREENS AND SPECIALLY FORMULATED FROM A PROPRIETARY BLEND OF COMPLEMENTARY PROTEINS TO PROVIDE YOU WITH ALL THE ESSENTIAL AMINO ACIDS NEEDED FOR LEAN MUSCLE AND STRENGTH.†

BODY FORTRESS® COMPLETE PLANT PROTEIN IS EASIER TO DIGEST THAN WHEY OR OTHER MILK-BASED PROTEINS FOR THOSE WITH LACTOSE INTOLERANCE OR STOMACH SENSITIVITIES TO DAIRY PRODUCTS. A GOOD SOURCE OF FIBER ALSO HELPS WITH DIGESTION.

PLANT BASED PROTEIN

COMPLETE PROTEIN BLEND PROVIDES ALL ESSENTIAL AMINO ACIDS	20g PROTEIN	BROWN RICE PROTEIN CONCENTRATE	SUPER GREENS AND SEEDS	CUCUMBER
		HEMP SEED PROTEIN		CHIA SEED
		PEA PROTEIN ISOLATE		SPINACH



BUILD LEAN MUSCLE†



BOOST POST-WORKOUT RECOVERY†



ENERGY METABOLISM SUPPORT†



NO ARTIFICIAL SWEETENERS OR FLAVORS



EASY TO DIGEST FOR THOSE WITH LACTOSE
INTOLERANCE OR SENSITIVITIES TO DAIRY†

THE BODY FORTRESS® OUTLOOK

YOU GIVE 100% IN TRAINING AND BODY FORTRESS® GIVES YOU 100% RIGHT BACK. LIKE YOU, WE PREFER HARD WORK TO HYPE. THAT'S WHY ALL OUR PRODUCTS ARE CAREFULLY CRAFTED WITH PROVEN INGREDIENTS THAT WILL HELP YOU REACH YOUR FITNESS GOALS. OUR FULL LINE OF PREMIUM QUALITY MUSCLE BUILDING SUPPLEMENTS WILL GIVE YOU THE POWER TO TRAIN HARDER AND RECOVER FASTER.



COMPLETE PLANT PROTEIN

NEW



COMPLETE
PROTEIN

PROVIDES ALL ESSENTIAL AMINO ACIDS
TO BUILD LEAN MUSCLE AND STRENGTH†

NON-GMO

DAIRY FREE

SOY FREE

VEGAN

GLUTEN FREE

NO ARTIFICIAL SWEETENERS,
COLORS, OR FLAVORS

GOOD SOURCE OF FIBER

GOOD SOURCE OF OMEGA-3 ALA
ESSENTIAL FATTY ACIDS*

7 ESSENTIAL VITAMINS
AND MINERALS

100% PLANT BASED PROTEIN
MADE WITH SUPER GREENS

20g
PROTEIN

18
AMINO
ACIDS†

VANILLA
Naturally Flavored

PROTEIN POWDER / NET WT. 1.51 lb (24.3 oz.) (688g)

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

Nutrition Facts

Serving Size 1 Rounded Scoop (38.2g) Servings Per Container 18	
Amount Per Serving	Calories from Fat 30
Calories 140	%Daily Value*
Total Fat 3g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 105mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 20g	38%
Vitamin A 6%	Vitamin C 4%
Calcium 25%	Iron 45%
Vitamin D 20%	Vitamin B12 20%
Phosphorus 15%	Zinc 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Complete Protein Blend (Pea Protein Isolate, Brown Rice Protein Concentrate, Hemp Seed Protein), Natural Flavors, Emulsified Gums: Sugar, Gum Arabic, Cucumber Powder, Chia Seeds, Tricalcium Phosphate, Guar Gum, Spinach Powder, Medium Chain Triglycerides, Carrageenan, Dextrin, Dried Banana Powder, Stevia Leaf Extract, Monk Fruit Extract, Ferrous Fumarate, Zinc Oxide, Vitamin D2 (Ergocalciferol), Vitamin B12 (Cyanocobalamin).



Manufactured according to
cGMP requirements for
all dietary supplements.



GLUTEN FREE



Made in The
USA
(from select ingredients
sourced from the USA)

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.

Directions: Add one (1) scoop to 8-10 oz. of your favorite beverage.
Consume within 10 minutes after making.

STIR



Stir for 20-30 seconds
until completely blended.

SHAKE



Cover and shake for
20-30 seconds.

BLEND



Cover and blend for
20-30 seconds.

Provides 260 mg of ALA per serving, which is 16% of the 1.6g daily value
for ALA.

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

†Amino acids are naturally occurring from the protein sources

Contents are sold by weight. Some settling may occur.

*Nelson Expanded All Outlets Combined 52 Weeks Ending 10/21/17, excluding
online sales.

STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE
HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN
OR MISSING.

TYPICAL AMINO ACID PROFILE (MILIGRAMS PER 38.2 G SCOOP**)

ESSENTIAL AMINO ACIDS	NONESSENTIAL AMINO ACIDS
Histidine 517 mg	Alanine 924 mg
Isoleucine 935 mg	Arginine 1,799 mg
Leucine 1,655 mg	Aspartic Acid 2,269 mg
Lysine 1,309 mg	Cysteine 227 mg
Methionine 277 mg	Glutamic Acid 3,533 mg
Phenylalanine 1,102 mg	Glycine 853 mg
Threonine 770 mg	Proline 882 mg
Tryptophan** 215 mg	Serine 1,044 mg
Valine 1,047 mg	Tyrosine 764 mg

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



PLEASE
RECYCLE

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

80116 00A 87535
Part No. 30-41548

