MORE THAN A BRAND, IT'S A MOVEMENT

Mongrel: A crossbreed protein designed to fit your dietary and lifestyle needs.

Mongrel contains 3 sources of protein for quick and extended release. With 10 grams of whey protein isolate per scoop, Mongrel will help promote muscle building and recovery for rapid protein absorption right after your workout. While the whey protein isolate is designed to absorb within the hour, your recovery period does not stop there. After a workout, muscle tissue continues to breakdown throughout the day. This is why 8 grams of whey protein concentrate and 8 grams of casein protein were added for extended amino acid absorption. Like whey protein, whey protein concentrate absorbs quickly but has a longer breakdown period than whey protein isolate. This will help sustain amino acid absorption to further promote repair and recovery. Casein was added to provide an 8 hour extension on protein and amino acid absorption to help promote repair and recovery but also sustain you throughout your day. Let's keep it real! The majority of us do not have the luxury of eating every 2-3 hours to promote muscular protein synthesis. This can hinder achieving your goals, so with an extended release of Protein you can fuel muscle protein synthesis to stay in an anabolic state for up to 8 hours. To further enhance amino acid absorption, which is the building blocks of muscle building, the patented ingredient Astragin was added to boost amino acid absorption by over 40%! Get the most out of your protein and goals with Mongrel, specifically formulated for your goals and everyday life.

Suggested Use:When you need added dietary protein, a bridge between meals mix 1 scoop of Mongrel with 6-8 ounces of your favorite beverage.

Warning: Consult with a physician prior to use if you have a medical condition. Do not exceed the recommended daily dose. Do not use if you are pregnant or nursing. Not for use by individuals under the age of 18. Do not combine with Alcohol. Keep out of reach of children. Store in a cool dry place with the lid tightly closed.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or mitigate any disease.**

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MONGREL

FRIED ICE CREAM

30 SERVINGS

Dietary Supplement

Net wt. 984g/2.17lbs

MONGREL PROTEIN

Supplement Facts

Serving Size: 1 scoop Approximately (37g/1.29oz)
Servings per Container: 30

	Amount per Serving	%DV
Calories	120	
Calories from Fat	10	
Total Fat	0.5g	1%
Saturated Fat	0.5g	3%
Cholesterol	20mg	7%
Total Carbohydrate	2g	1%
Total Sugars	2g	
Added Sugars	0g	0%
Protein	26g	52%
Vitamin A	1IU	0%
Calcium	316mg	25%
Phosphorus	204mg	15%
Magnesium	26mg	6%
Zinc	1mg	8%
Chloride	216mg	10%
Sodium	166mg	8%
Potassium	92mg	0%
AstraGin™ (Astragalus membranaceus and Panax notoginseng) Root Extract	50mg	**

*Percent Daily Value based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Whey Protein Isolate, Micellar Casein, Whey Protein Concentrate, Natural Fried Ice Cream Flavor, Sea Salt, Xanthan Gum, Guar Gum, Himalayan Pink Salt, Sucralose

Contains Milk

Distributed by: Rising Labs
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AstraGin