

WHY PROVEN WHEY™?

A PERFECTLY CRAFTED MUSCLE BUILDING PROTEIN†

FASTER

DIGESTION &
ABSORPTION†

LOW

CARBOHYDRATE, SUGAR
& CHOLESTEROL.

100%

HYDROLYZED WHEY
PROTEIN ISOLATE.
ITS PUREST FORM!†



PROVEN WHEY™

HYDROLYZED WHEY ISOLATE

25g
PROTEIN

5.5g
BCAAs

2.7g
L-LEUCINE

***A PERFECTLY
CRAFTED MUSCLE
BUILDING PROTEIN†***



0g
LACTOSE

100%
HYDROLYZED

2
LBS.

NATURALLY &
ARTIFICIALLY FLAVORED

STRAWBERRIES & CREAM

DIETARY SUPPLEMENT NET WT. 2lbs. (908g)

Supplement Facts

About 30 servings per container

Serving size 1 Scoop (30g)

Amount Per Serving
Calories **110**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 104mg	10%
Iron 0mg	0%
Potassium 165mg	4%

*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. ** Daily Values Not Established.

INGREDIENTS: rBGH & rBST free Hydrolyzed Whey Protein Isolate, Natural & Artificial Strawberry Flavor, Xanthan gum, Sucralose, Beet Root Powder (Natural Color), Non-GMO Sunflower Lecithin.

ALLERGEN INFORMATION: Contains Milk And Soy.

SUGGESTED USE:

Stir up, shake up or blend up one scoopful of PROVEN WHEY™ with 6-7 oz. of water, milk or your favorite beverage. Adjust the taste of your Whey Protein Shake by varying the amount of liquid that you use to prepare your shake. Use 4-6 oz. of water, milk or your favorite beverage with one scoopful of powder if you like your protein shake sweet and bold. If you don't like sweet use 8-9 oz. of your preferred beverage with one scoopful of powder. Take your protein shake 30 minutes after workout or as directed by your healthcare practitioner. Consume enough protein to meet your daily protein requirements through a combination of high protein foods and this whey protein supplement. For best results, consume small protein-rich meals spread evenly throughout the day.†

⚠ WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov

AS WITH ANY DIETARY SUPPLEMENT, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT NURSING OR OTHERWISE UNDER MEDICAL SUPERVISION.

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL DRY PLACE. STORE AWAY FROM HEAT AND MOISTURE.
TAMPER EVIDENT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING

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EU PLANT #300720073

7 SERVINGS LEFT AT THIS LINE

†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.