- MIXES INSTANTI Y
- ZERO CARBS: ZERO FAT
- PROMINA™ WHEY ISOLATE
- ROBUST LATTE FLAVOR
- LACTOSE & GLUTEN FREE

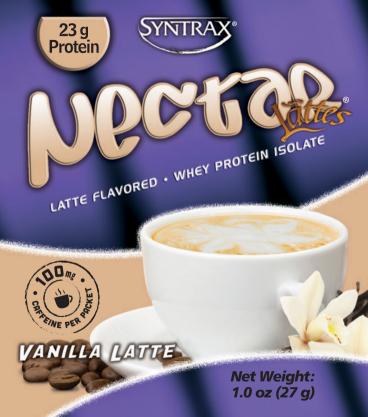
SUGGESTED USE:

Vigorously mix 2 oz of water or milk per serving (1/4 packet) of Nectar® Lattes for 30–60 seconds. One full packet, providing 23 g of protein, 0 g of fat and 0 g of sugar, may be mixed with 8 oz of water or milk. Note the extra calories when combined with milk. Consume the desired number of servings two to three times per day to satisfy your protein requirements. Remember. the best times for supplementing protein are immediately upon rising in the morning, after intense physical activity, such as weight training, and prior to sleep. Nectar® Lattes mixes instantly with a spoon and tastes great . . . GUARANTEED!



Manufactured for:

PO Box 1715
Cape Girardeau, MO 63702 USA
(866) 333-SI03 (7403)
www.syntrax.com
Made in the USA



Nutrition Facts

Serving Size: 1/4 Packet (7g) Servings Per Packet: 4

Amount Per Serving				
Calories		25		
Calories from Fat		0		
			% Daily	Value*
Total Fat		0g		0%*
Saturated Fat		0g		0%*
Trans Fat		0g		
Cholesterol		0mg		0%*
Sodium		15mg		1%*
Potassium		55mg		2%*
Total Carbohydrate		0g		0%*
Dietary Fiber		0g		0%*
Sugars		0g		
Protein (23g	per pacl	ket) 6g		12%*
Vitamin A	0%	Vitami	n C	0%
Calcium	2%	Iron		0%
Phosphorus	2%	Magne	esium	0%
* Percent Daily Values are based on a 2,000 calorie diet.				

* 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

	outories.	2,000	2,000
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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4

Protein

INGREDIENTS:

Whey protein isolate (milk)*, pure coffee, natural and artificial flavors, soy lecithin, coffee extract, acesulfame-K, sucralose.

Promina™ brand; ultrafiltered and undenatured; includes beta lactoglobulin, alpha lactoalbumin, glycomacropeptides, immunoglobulin, b.s. albumin, protease lactoperoxidase.