| AMOUNTS PER SERVING | PROTEIN | CALORIES | CARBS | FAT | SUGAR | BCAAs | LEUCINE |
|---|---|---|---|---|---|---|---|
| | 25g | 140 | 3g | 2g | 2g | 5.5g | 2.7g |

## FOR THE NATURAL ATHLETE.

**Whether you're preparing for a hard workout, recovering from intense training in the gym or simply looking to increase your protein intake, Elite FREE 100% Whey Protein is the perfect anytime protein. Elite FREE is sweetened with stevia and has all of the nutrition you'd expect from a high-quality protein minus any synthetic colors or flavors.**

## FAST-DIGESTING, FAST-ABSORBING, 100% WHEY PROTEIN.

Make the most of your workouts with Elite FREE 100% Whey Protein. Each serving has 25 grams of high-quality, fast-digesting and absorbing whey protein, including whey protein concentrate and whey protein isolate to support even the most rigorous athletic and fitness goals.

The superior quality of Elite FREE 100% Whey Protein utilizes cross-flow microfiltration processing to preserve the important muscle building properties of whey protein and whey protein fractions such as alpha-lactalbumin and beta-lactoglobulin, serum albumins and immunoglobulins. Elite FREE 100% Whey Protein is formulated by in-house food scientists who carefully select ingredients to meet high quality manufacturing standards and formula specifications.

**Elite FREE 100% Whey Protein flavors are developed in-house without synthetic flavors and colors, so they are delicious every time you enjoy an Elite FREE 100% Whey Protein shake. Think of it as an indulgent, smart reward that is free of synthetic ingredients as a reward for your hard work and dedication.**

## REAL SCIENCE & QUALITY

Dymatize® proteins are formulated based on the latest science and put to the test in university studies and at elite professional training facilities. Dymatize protein powders are always manufactured in GMP and Sport Certified facilities, meaning that all ingredients and final products are rigorously tested and validated clean and safe. They are banned substance tested for athlete's reassurance by Informed-Choice® (www.informed-choice.org).

## DYMATIZE PROTEIN ETHICS

**100% of the protein claimed per serving is derived from high-quality, pure, intact proteins. We do not amino spike.**

All Elite FREE 100% Whey Protein powders are instantized for easy mixing ensuring that you get world class taste and consistency from every protein shake.

GET DYMATIZED™

GOURMET VANILLA
naturally flavored

7mm High Distortion Area
Recommended Ink Free

1mm Color Free Area

1mm Window for Visible Fill

Dymatize®

NET WT 32 OZ (2 LB) 907 g

SOLD BY WEIGHT NOT VOLUME

| PROTEIN | BCAAs | LEUCINE |
|---|---|---|
| 25g | 5.5g | 2.7g |

**NO SYNTHETIC COLORS OR FLAVORS**

**SWEETENED WITH STEVIA**

# ELITE FREE™

## PROTEIN POWDER 100% WHEY PROTEIN*

**27** SERVINGS
BANNED SUBSTANCE TESTED • GLUTEN FREE

GOURMET VANILLA
naturally flavored

*100% of the Protein from Whey Protein.
Notice: Use this product as a Food Supplement only. Do not use for weight reduction.

Dymatize
PERFECTING ATHLETIC NUTRITION™

**DIRECTIONS:** Formulated for easy mixing, add one scoop (included) to 6-8 oz (180mL-240mL) of water, milk or your favorite beverage and mix thoroughly. Enjoy prior to workouts, within 30 minutes after workouts or anytime you desire a high-quality, high-protein drink.

## Nutrition Facts

Serving Size: 1 Scoop (34g)
Servings Per Container: About 27

| Amount Per Serving | |
|---|---|
| **Calories** 140 | Calories from Fat 20 |
| | **% Daily Value*** |
| **Total Fat** 2g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| **Cholesterol** 70mg | 23% |
| **Sodium** 130mg | 6% |
| **Potassium** 140mg | 4% |
| **Total Carbohydrate** 3g | 1% |
| Dietary Fiber 0g | 0% |
| Sugars 2g | |
| **Protein** 25g | 50% |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 20% • Iron 2% | |

*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 |
| Saturated 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 4

**INGREDIENTS:** PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), NATURAL FLAVORS, SOY LECITHIN, SEA SALT, STEVIOL GLYCOSIDES (STEVIA), XANTHAN GUM.
**CONTAINS: MILK AND SOY.**

Manufactured for and distributed by:
Dymatize Enterprises, LLC
Dallas, TX 75234 USA
(888) 334-LEAN

## TYPICAL AMINO ACID PROFILE**

**25g TOTAL AMINO ACIDS PER SERVING**

2:1:1 RATIO BCAAs **5.5g**
LEUCINE **2.7g**
OTHER EAAs **6.3g**
GLUTAMINE† **4.4g**
OTHER CEAAs **2.4g**
NON-EAAs **6.5g**

**47%** ESSENTIAL AMINO ACIDS (EAAs): **11.8 g**
**Why Leucine?** Leucine is the BCAA that is directly involved in activating Muscle Protein Synthesis.

**27%** CONDITIONALLY ESSENTIAL AMINO ACIDS (CEAAs): **6.8 g**
**Is Glutamine important?** Yes! Glutamine supports muscle recovery after strenuous workouts.

**26%** NON-ESSENTIAL AMINO ACIDS (NON-EAAs): **6.5 g**
**Why is non-essential... essential?** Non-Essential aminos are foundational building blocks of muscle!

**All Amino Acids are naturally occuring in protein. Amounts are based on one serving. Full Amino Acid Profile can be found at: Dymatize.com/EliteFree
†Includes Glutamic Acid

MADE IN THE USA FROM DOMESTIC AND INTERNATIONAL INGREDIENTS

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

DYMATIZE.COM

7 05016 43360 0

REV001

1mm Gauge Varnish Ink Free