Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Mix one (1) level scoop in approximately 4 to 8 ounces of water or beverage of choice (to taste) once or twice daily, or as recommended by a healthcare practitioner. Drink immediately

CAUTION: If you have significant kidney or liver disease, please consult your healthcare practitioner before using this product.

This product contains whey protein isolate from cows not treated with growth hormone (rBST). The whey protein isolate is made using a process known as Cross Flow Microfiltration, which produces an isolate that is 90% protein, 98% of it in the

bioavailable undenatured form, and retains all important subfractions in their natural ratios.

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

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE. . Do not purchase if outer seal is broken or damaged
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

▲ WARNING: Reproductive Harm - www.P65Warnings.ca.gov.

*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.

Provon® is a registered trademark of Glanbia plc.



Typical Amino Acid Profile (Approximate g per serving)

Alanine	0.80g
Arginine	0.28g
Aspartic Acid	1.56g
Cysteine	0.32g
Glutamic Acid	2.13g
Glycine	0.26g
Histidine	0.17g
soleucine	0.93g
_eucine	1.39g
ysine	1.21g
Methionine	0.28g
Phenylalanine	0.40g
Proline	0.87g
Serine	0.650
Threonine	1.05g
Tryptophan	0.120
Tyrosine	0.340
/aline	0.83g

*Density may fluctuate but the content weight is as stated

Wellness CODE[®] **ADVANCED** NON-GMO **3G GLUTAMINE 2G CREATINE NO ADDED VANILLA FLAVOR** SUGAR Net Wt. 454 g (1 lb. or 16 oz.)

EXTENSION

DIETARY SUPPLEMENT

14G OF PROTEIN PER SERVING

Supplement Facts

About 20 Servings Per Container

Serving Size 1 Scoop (approx. 23 g)

Amount Per Serving % Daily Value

Calories 60	
Sodium 40 mg	2% [†]
Total Carbohydrate 1 g	<1% [†]
Total Sugars 0 g	
Includes 0 g Added Sugars	0% [†]
Protein 14 g	28%
Calcium 78 mg	6% [†]
Potassium 90 mg	2% [†]
L-Glutamine 3 g	**
Creatine Monohydrate 2 g	**
** Deily Velue net established	

** Daily Value not established. †Based on a 2,000 calorie diet.

Ingredients: Provon® 292 SFL rBST free whey protein isolate, sunflower oil powder, maltodextrin, arabic gum, sunflower lecithin, natural vanilla and caramel flavors, stevia extract, guar gum, xanthan gum, rice starch, modified food starch.

Contains milk