Scan for 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.

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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

 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.

*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
Isoleucine	0.93g
Leucine	1.39g
Lysine	1.21g
Methionine	0.28g
Phenylalanine	0.40g
Proline	0.87g
Serine	0.65g
Threonine	1.05g
Tryptophan	0.12g
Tyrosine	0.34g
Valine	0.83g

*Density may fluctuate but the content weight is as stated.

Wellness CODE[®] **ADVANCED**

VANILLA FLAVOR

Net Wt. 454 g (1 lb. or 16 oz.)

DIETARY SUPPLEMENT

3G GLUTAMINE 2G CREATINE NO ADDED SUGAR

NON-GMO

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

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	**

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

gum, rice starch, modified food starch.

Ingredients: Provon® 292 SFL rBST free whey protein isolate, sunflower oil powder, maltodextrin, arabic gum, sunflower lecithin, natural vanilla and caramel flavors, stevia extract, quar qum, xanthan

Contains milk.