

60g  
PROTEIN\*  
FEATURING 100%  
WHEY  
\*PER 2 SCOOPS

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CHOCOLATE  
Naturally & Artificially Flavored

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**YOU GIVE 100% IN TRAINING:** BODY FORTRESS® GIVES YOU 100% RIGHT BACK. SUPER ADVANCED WHEY PROTEIN FEATURES 100% PREMIUM WHEY ENHANCED WITH CREATINE AND OTHER CRITICAL AMINO ACIDS. OUR NO-NONSENSE FORMULA GIVES YOU THE POWER TO TRAIN HARDER AND REBUILD LEAN MUSCLE FASTER, BECAUSE TOMORROW'S WORKOUT STARTS WITH TODAY'S RECOVERY.\*

- PREMIUM WHEY PROTEIN TO BUILD LEAN MUSCLE & STRENGTH\*
- AMINO ACIDS – PLUS CREATINE FOR IMPROVED TRAINING RECOVERY\*
- 12g of NATURALLY OCCURRING BCAAs FROM PROTEIN\*
- CONTAINS ZERO ASPARTAME – ZERO GLUTEN – ZERO GIMMICKS

**SUPER ADVANCED WHEY PROTEIN** FEATURES 100% PREMIUM WHEY AND UNLIKE KEY COMPETITORS OUR FORMULA CONTAINS ZERO ADDED SOY PROTEIN. WHEY PROTEIN IS THE PREFERRED SOURCE FOR SPORTS NUTRITION AS IT PROVIDES A HIGHER CONCENTRATION OF BCAAs ESSENTIAL FOR SUPPORTING STRENGTH AND TRAINING PERFORMANCE.\*

#### WHEY BETTER WITH BODY FORTRESS®

|                                                                 | Body Fortress®<br>Super Advanced Whey | COMPETITOR #1 | COMPETITOR #2 |
|-----------------------------------------------------------------|---------------------------------------|---------------|---------------|
| PROTEIN PER SERVING                                             | 30g                                   | 30g           | 25g           |
| Features 100% WHEY PROTEIN                                      | ●                                     | ●             | ●             |
| Enhanced with a Non-Proprietary Blend of CREATINE & Amino Acids | ●                                     | ●             | ●             |
| Contains ZERO ADDED SOY PROTEIN                                 | ●                                     | ●             | ●             |
| Contains ZERO ADDED CORN SYRUP SOLIDS                           | ●                                     | ●             | ●             |

\* contains proprietary amino acid blend

PRE:



#### HAVE YOU MADE NOS BLAST PART OF YOUR TRAINING?

**ADD NOS BLAST** to your pre-workout routine and start pushing the limits of your training. Our high-powered formula is designed to deliver enhanced mental focus, increased strength, and explosive energy through your workout.\*

Make every workout your best performance with NOS Blast.

\*PER 2 SCOOPS

BODY X FORTRESS®

SUPER ADVANCED

WHEY  
PROTEIN

FEATURES 100% PREMIUM WHEY  
ZERO ADDED SOY PROTEIN

60g  
PROTEIN\*

12g  
BCAAs\*

CHOCOLATE  
Naturally & Artificially Flavored

\*PER 2 SCOOPS

PROTEIN SUPPLEMENT/ NET WT. 2 lb. [32 oz.] [907g]

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

#### Supplement Facts

| Serving Size<br>Serves Per Container | 1 Scoop (50 g)<br>about 18 | 2 Scoops (100 g)<br>about 6 |
|--------------------------------------|----------------------------|-----------------------------|
| Amount Per Serving                   | %Daily Value               | %Daily Value                |
| Calories                             | 210                        | 430                         |
| Calories from Fat                    | 45                         | 90                          |
| Total Fat                            | 5 g                        | 10 g                        |
| Saturated Fat                        | 2.5 g                      | 5 g                         |
| Cholesterol                          | 125 mg                     | 245 mg                      |
| Total Carbohydrate                   | 8 g                        | 17 g                        |
| Dietary Fiber                        | 1 g                        | 2 g                         |
| Sugars                               | 4 g                        | 7 g                         |
| Protein                              | 30 g                       | 60 g                        |
| Calcium                              | 132 mg                     | 263 mg                      |
| Phosphorus                           | 115 mg                     | 230 mg                      |
| Magnesium                            | 31 mg                      | 62 mg                       |
| Sodium                               | 110 mg                     | 220 mg                      |
| Potassium                            | 280 mg                     | 560 mg                      |
| Super Recovery Blend                 | 4.5 g                      | 9 g                         |
| Creatine                             | 1.5 g                      | 3 g                         |
| (as Creatine Monohydrate)            |                            |                             |
| Taurine                              | 1.5 g                      | 3 g                         |
| L-Glutamine                          | 1.5 g                      | 3 g                         |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Maltodextrin, Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients. \*Contains soy lecithin for enhanced mixability.

**TYPICAL AMINO ACID PROFILE (MILLIGRAMS PER 50 G SCOOP\*\*\*\*)**

| ESSENTIAL AMINO ACIDS | NONESSENTIAL AMINO ACIDS |
|-----------------------|--------------------------|
| Histidine 460 mg      | Alanine 1,310 mg         |
| Isoleucine 1,680 mg   | Arginine 685 mg          |
| Leucine 3,065 mg      | Aspartic Acid 3,080 mg   |
| Lysine 2,665 mg       | Cysteine 620 mg          |
| Methionine 590 mg     | Glutamic Acid 5,820 mg   |
| Phenylalanine 875 mg  | Glycine 550 mg           |
| Threonine 1,660 mg    | Proline 1,700 mg         |
| Tryptophan**** 360 mg | Serine 1,415 mg          |
| Valine 1,595 mg       | Tyrosine 625 mg          |

\*\*\*\*L-tyrosine is naturally occurring, not added.

\*\*\*\*approximate values

BODY X FORTRESS®  
YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit [www.bodyfortress.com](http://www.bodyfortress.com).

**Directions:** For adults, add one (1) scoop to 6-8 ounces or two (2) scoops to 14-16 ounces of your favorite beverage. Consume within 10 minutes after mixing. Take this product with an adequate fluid intake. Super Advanced Whey Protein can be taken immediately following exercise or as needed throughout the day in order to meet your daily protein requirements.



Stir for 20-30 seconds or until completely blended.

Cover and shake for 25-30 seconds.

Cover and blend for 20-30 seconds.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Please note: Crystalline Taurine will appear as small crystals within the powder.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

**KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

\*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.

Contents are sold by weight. Some settling may occur.



Carefully Manufactured for  
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