

MULTI-PRO WHEY™ is made from the highest quality protein and fortified with vitamins and minerals to deliver the most complete protein supplement on the market today. Add Multi-Pro Whey™ to your diet to supplement your protein needs, whether your goal is to lose body fat or gain muscle.

DIRECTIONS: Consult your physician before taking this or any dietary supplement. Mix 1 scoop with 6 ounces of water. For added calories and protein, mix with milk. Stir and/or shake until dispersed and immediately drink. Drink one serving upon waking and after workouts. Use additional servings as needed to fulfill your protein requirements.



† 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.

Good Manufacturing Practices
MADE IN USA



Distributed by:
Innovative Delivery Systems
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(888) 950-3373 or www.idssports.com

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24 GRAMS
WHEY PROTEIN
PER SERVING

- No Aspartame
- Great Source of Lactalbumin!
- Pre-Digested Protein Mixes Easily

CINNAMON
VANILLA

DIETARY SUPPLEMENT • NET WT. 2 LBS (912g)

Supplement Facts

Serving Size 1 Scoop (34g)
Servings Per Container: Approximately 26

Amount Per Serving		Calories from Fat 10	
Calories 125			
	% Daily Value		% Daily Value
Total Fat 1g	1%	Potassium 110mg	3%
Saturated Fat 1g	5%	Total Carbohydrate 5g	1%
Trans Fat 0g		Dietary Fiber 1g	4%
Cholesterol 8.5mg	3%	Sugars 3g	
Sodium 27mg	1%	Protein 24g	48%
Vitamin A 40% (20% Beta Carotene)	•	Vitamin C 50%	•
Vitamin D 50%	•	Vitamin E 100%	•
Niacin 50%	•	Vitamin B6 50%	•
Biotin 50%	•	Pantothenic Acid 50%	•
Magnesium 50%	•	Zinc 50%	•
Manganese 100%	•	Chromium 80%	•
		Calcium 50%	•
		Thiamin 50%	•
		Folic Acid 50%	•
		Phosphorus 50%	•
		Selenium 35%	•
		Molybdenum 70%	•
		Riboflavin 50%	•
		Vitamin B12 50%	•
		Iodine 50%	•
		Copper 50%	•
		Iron 0%	•

Amino Acid Profile Per Serving			
L-Valine (BCAA)*	1,225mg	L-Leucine (BCAA)*	2,160mg
L-Tyrosine	498mg	L-Isoleucine (BCAA)*	1,329mg
L-Tryptophan*	576mg	L-Histidine	352mg
L-Threonine*	1,329mg	L-Glycine	456mg
L-Serine	1,080mg	L-Glutamine	3,739mg
L-Proline	1,308mg	L-Cystine	249mg
L-Phenylalanine*	664mg	L-Asparagine	2,181mg
L-Methionine*	357mg	L-Arginine	477mg
L-Lysine*	1,911mg	L-Alanine	996mg

* Essential Amino Acids

Ingredients: 100% Multi Pro Anabolic Complex (Whey Protein Isolate, Whey Protein Concentrate, Whey Permeate, Micellar Casein), Natural & Artificial Flavors, Cinnamon, Aceulfame Potassium, Sucralose, Sodium Chloride, Lecithin (Soy).

Allergen Warning: Contains Milk & Soy.

GLUTEN FREE

