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.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Consult your physician before using.

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.



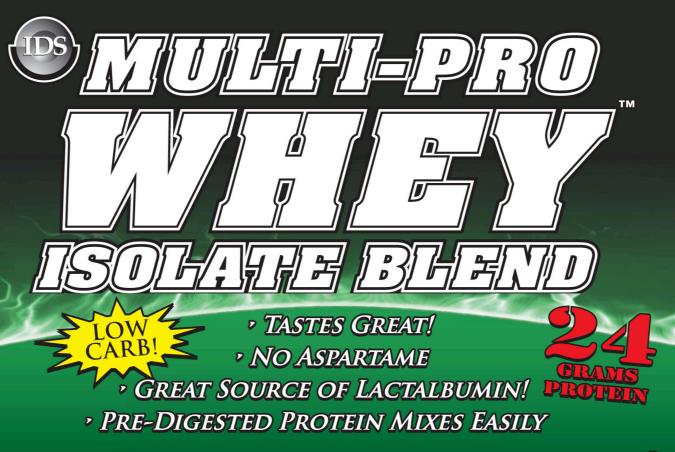
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Innovative Delivery Systems 522 S. Econ Circle, Suite 140, Oviedo, FL 32765 (888) 950-3373 or www.idssports.com

MADE IN USA







## **Supplement Facts**

Calories from Fat 1

% Daily Value

Serving Size 1 Scoop (34g)

Amount Per Serving

Calories 125

Servings Per Container: Approximately 26

| 1%                            | Potassium 110mg  | 3%   |
|-------------------------------|--|--|
| 5%                            | Total Carbohydrate 5   | 5g <b>1</b> 9  |
|                               | Dietary Fiber 1g   | 49   |
| 3%                            | Sugars 3g  |  |
| 1%                            | Protein 24g  | 489  |
| Vitamin E 100% Vitamin B6 50% | <ul> <li>Calcium 50%</li> <li>Thiamin 50%</li> <li>Folic Acid 50%</li> <li>Phosphorus 50%</li> <li>Selenium 35%</li> <li>Molybdenum 70%</li> </ul> | Riboflavin 50%<br>Vitamin B12 50%<br>Iodine 50%<br>Copper 50%<br>Iron 0% |
| Serving                       |  |  |
| 1,225mg                       | L-Leucine (BCAA)*  | 2.160m   |
| 498mg                         | L-Isoleucine (BCAA)*   | 1,329m   |
| 576mg                         | L-Histidine  | 352m   |
|                               |  |  |
| 1,329mg                       | L-Glycine  | 456m   |
| 1,329mg<br>1,080mg            | L-Glycine<br>L-Glutamine   | 456m<br>3,739m   |
| , ,                           |  |  |
| 1,080mg                       | L-Glutamine  | 3,739m   |
| 1,080mg<br>1,308mg            | L-Glutamine<br>L-Cystine   | 3,739m<br>249m   |
|                               | 3% 1% Vitamin C 50% Vitamin E 100% Vitamin B6 50% Pantothenic Acid 50% Zinc 50% Chromium 80% Serving 1,225mg 498mg                                 | Total Carbohydrate   |

% Daily Value

Ingredients: 100% Multi Pro Anabolic Complex (Whey Protein Isolate, Whey Protein Concentrate, Whey Permeate, Micellar Casein) Hydrolyzed Wheat Gluten, Natural & Artificial Flavors, Aceulfame Potassium, Sucralose, Sodium Chloride. Allergen Warning: Contains Milk & Sov.

DIFTARY SUPPLEMENT

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