



KICK START YOUR DAILY ROUTINE!

**STIR UP:**

Amazing Muscle® Hydrolyzed Whey Protein Isolate is instantized, which means it is very easy to mix it up with your favorite beverages. Carry your protein shake on the go. You don't always need a shaker or a blender at hand. Simply stir up 1 scoop of Hydrolyzed Whey Protein Isolate with liquid. Enjoy!

**COOKIES & CREAM**

**25 G  
PROTEIN**

**SHAKE UP:** One of the best ways to have a Amazing Muscle® Hydrolyzed Whey Protein Isolate shake is right after your workout at the gym. Once you are done with your routine, Amazing Muscle® Hydrolyzed Whey Protein Isolate shake may help to fuel up your muscles and assist with recovery from your workout.\* Simply pour the desired amount of liquid along with 1 scoop of Amazing Muscle® Hydrolyzed Whey Protein Isolate into your shaker cup. Cover and shake for 25 - 30 seconds.

**BLEND UP:** Add a scoop of Amazing Muscle® Hydrolyzed Whey Protein Isolate into a blender with the desired amount of liquid and blend for 20 - 30 seconds. To make it refreshing, add ice cubes and blend for 30 seconds. Make your shake even healthier by adding fresh or frozen fruits, flaxseeds, chia seeds, peanut butter, vegetables and other healthy ingredients.

**BEYOND A PROTEIN SHAKE:** Amazing Muscle® Hydrolyzed Whey Protein Isolate isn't only for liquids. It can also be used to make a variety of dishes from muffins to cupcakes, to burgers and lasagna, to dips, donuts and more! Simply add 1 or 2 scoops of Hydrolyzed Whey Protein Isolate to your favorite recipes. Amazing Muscle® Hydrolyzed Whey Protein Isolate can be a part of your breakfast, lunch or dinner!



**Supplement Facts**

Serving Size 1 Scoop (31 g)  
Servings Per Container 44

**Amount Per Serving**

**Calories** 115    **Calories from Fat** 5

**Total Fat** 0.5 g    **1%**

**Saturated Fat** 0 g    **0%**

**Trans Fat** 0 g

**Cholesterol** 5 mg    **2%**

**Sodium** 55 mg    **2%**

**Potassium** 160 mg    **5%**

**Total Carbohydrate** 2 g    **1%**

**Dietary Fiber** 0 g    **0%**

**Sugars** 0 g

**Protein** 25 g    **50%**

**Vitamin A** 0%    **Vitamin C** 0%

**Calcium** 15%    **Iron** 0%

**Sugars** 0 g

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**Amino Acid Profile  
Per Serving**

**L-Alanine** 1,142 mg

**L-Aspartic Acid** 2,639 mg

**L-Glutamic Acid** 4,145 mg

**Leucine \*\*\* #** 2,532 mg

**L-Tyrosine** 728 mg

**L-Arginine** 619 mg

**L-Cystine** 497 mg

**L-Glycine** 521 mg

**L-Isoleucine \*\*\* #** 1,471 mg

**L-Lysine #** 2,183 mg

**L-Phenylalanine #** 815 mg

**L-Serine** 1,334 mg

**L-Tryptophan #** 530 mg

**L-Valine \*\*\* #** 1,372 mg

**L-Histidine** 477 mg

**L-Methionine #** 571 mg

**L-Proline** 1,774 mg

**L-Threonine #** 1,648 mg

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**OTHER INGREDIENTS:** Hydrolyzed Whey Protein Isolate, Natural Cocoa, Natural and Artificial Flavor, Lecithin and Stevia Leaf Extract.

Manufactured for & Distributed by:  
**AMAZING MUSCLE™**  
Jersey City, NJ 07310 USA  
Customer Service: 800-526-0177  
Monday - Friday 9am - 5pm EST  
[www.AmazingMuscle.com](http://www.AmazingMuscle.com)

**AMAZING BENEFITS OF AMAZING MUSCLE®  
HYDROLYZED WHEY PROTEIN ISOLATE**

**AMAZING MUSCLE® HYDROLYZED WHEY PROTEIN ISOLATE** is one of the most complete forms of protein supplements available with maximum protein. It is processed to remove carbs, fats, cholesterol and lactose. Whey Protein Isolate (WPI) also typically contains higher levels of leucine, cysteine and amino acids. Hydrolyzed Whey Protein Isolate helps to maintain lean muscle mass and promote rapid workout recovery.\*

**DIRECTIONS:** Take 1 scoop of Amazing Muscle® Hydrolyzed Whey Protein Isolate with 6-7 oz. of water, milk or your favorite beverage. Adjust the taste of your protein shake by varying the amount of liquid used. Take your protein shake 30 minutes after workouts or as directed by a health care professional. Consume enough proteins to meet your daily protein requirement through a combination of high protein foods and Amazing Muscle® Hydrolyzed Whey Protein Isolate. For best results, consume small protein-rich meals spread evenly throughout the day.

**NOTE:** If you like your protein shake bold and sweet, use 4-6 oz. of water, milk or your favorite beverage with 1 scoop of powder. If you don't like it sweet, use 8-9 oz. of your preferred beverage with 1 scoop of powder.

**CAUTION:** Use this product as a food supplement. Do not use for weight reduction. Consult a physician if you are pregnant or nursing, taking any medications or have any medical condition. Do not exceed recommended use. Improper use will not improve results. Discontinue use and seek professional assistance immediately if you experience unwanted side effects. Discontinue use two weeks prior to surgery.

\* 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.



NET WT. 3 LBS (1.36 KG)

**SUPPORTS LEAN  
MUSCLE GROWTH &  
WORKOUT RECOVERY\***

