

# FRUIT PUNCH

NATURALLY FLAVORED

Centerline

Fold

Centerline

Fold

**YOUR BODY.  
YOUR FORTRESS.®**

Super Protein Shot makes it easy to get the protein your body needs with 26 grams packed into an amazing tasting shot. Throw one down any time you want to provide your muscles with critical amino acids from protein, including all three Branched Chain Amino Acids (BCAAs) - Isoleucine, Leucine and Valine. Super Protein Shot is perfect for exercise recovery, as an addition to your meals, or for keeping amino levels elevated in between meals or before bed. You can get your protein blast quickly in this 2.9 ounce bottle.

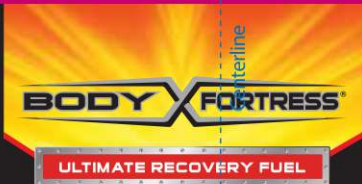
**Directions:** For adults, consume one bottle during or after exercise, or as needed.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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

**REFRIGERATE AFTER OPENING**

**Shake Well before use**



# SUPER PROTEIN SHOT

## 26g PROTEIN

- > SUPPORTS EXERCISE RECOVERY
- > WITH BCAAs
- > ZERO SUGAR

PROTEIN DRINK

2.9 fl.oz. (86 mL)

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

**BODY FORTRESS**

## Nutrition Facts

Serving Size 1 Bottle

Amount Per Serving	Calories from Fat 0
<b>Calories</b> 120	
	<b>%Daily Value*</b>
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 0g	0%
<b>Sugars</b> 0g	
<b>Protein</b> 26g	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Purified Water, Proprietary Protein Blend (Hydrolyzed Collagenic Protein Isolate, Whey Protein Isolate, Casein Protein Isolate), Phosphoric Acid, Natural Flavors, Branched Chain Amino Acids (Leucine, Isoleucine, Valine), Potassium Sorbate (preservative), Sodium Benzoate (preservative), Sucralose, Citric Acid, FD&C Red 40, Calcium Disodium EDTA, Acesulfame Potassium. Contains milk ingredients.



1-800-215-5880  
Carefully Manufactured by  
Healthwatchers (DE), Inc.  
Bohemia, NY 11716 U.S.A.

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

**BODY FORTRESS**

**YOUR BODY. YOUR FORTRESS.®**

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