

COOKIES N' CREME

NATURALLY FLAVORED

60g PREMIUM PROTEIN*

*per 2 scoops

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SUPER ADVANCED WHEY PROTEIN

SCIENTIFICALLY DESIGNED WITH:

- > PREMIUM WHEY PROTEIN
- > OVER 8 GRAMS OF BCAAs*
- > CRYSTALLINE TAURINE
- > LEAN MASS ACTIVATORS[◇]

PROTEIN SUPPLEMENT

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

*per 2 scoops

COOKIES N' CREME NET WT. 1.95 lb. (31.2 oz.) (885 g)
NATURALLY FLAVORED Contents are sold by weight. Some settling may occur.



Supplement Facts

	1 Scoop (42 g)	2 Scoops (84 g)
Serving Size	1 Scoop (42 g)	2 Scoops (84 g)
Servings Per Container	about 21	about 10
Amount Per Serving	%Daily Value	%Daily Value
Calories	150	300
Calories from Fat	25	45
Total Fat	2.5 g 4%†	5 g 8%†
Saturated Fat	1.5 g 7%†	3 g 15%†
Cholesterol	70 mg 23%	140 mg 46%
Total Carbohydrate	6 g 2%†	13 g 4%†
Dietary Fiber	<1 g 3%†	1 g 6%†
Sugars	1 g ††	2 g ††
Protein	30 g 60%†	60 g 120%†
Calcium	89 mg 9%	178 mg 18%
Iron	0.6 mg 4%	1.2 mg 7%
Phosphorus	84 mg 8%	167 mg 17%
Magnesium	25 mg 6%	49 mg 12%
Copper	0.05 mg 3%	0.10 mg 6%
Sodium	70 mg 3%	135 mg 6%
Potassium	200 mg 6%	390 mg 11%

†Percent Daily Values are based on a 2,000 calorie diet.
††Daily Value not established.

Ingredients: Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Super Recovery Blend (Glycine, Creatine Monohydrate, Taurine, Threonine, L-Glutamine, Leucine, Isoleucine, Valine), Maltodextrin, Cocoa (processed with alkali), Natural Flavors, Soy Lecithin, Cellulose Gum, Acesulfame Potassium, Sucralose.
Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 42 g scoop***)

Essential Amino Acids	Nonessential Amino Acids
Histidine 368 mg	Alanine 870 mg
Isoleucine 1,151 mg	Arginine 508 mg
Leucine 2,045 mg	Aspartic Acid 2,088 mg
Lysine 1,721 mg	Cysteine 414 mg
Methionine 404 mg	Glutamic Acid 2,867 mg
Phenylalanine 621 mg	Glycine 4,359 mg
Threonine 2,350 mg	Proline 1,153 mg
Tryptophan** 323 mg	Serine 985 mg
Valine 1,087 mg	Tyrosine 567 mg

**L-Tryptophan is naturally occurring, not added.
***approximate values



YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

Directions: For adults, add one (1) scoop (42 g) to 6-8 ounces of water or your favorite beverage daily. Serious athletes and bodybuilders (over 125 pounds) should consume 1-2 scoops immediately after exercise.

BLENDER - SIMPLE
Cover and blend for 20-30 seconds. ^^

SHAKER - SIMPLER
Cover and shake for 25-30 seconds.

GLASS & SPOON - SIMPLEST
Stir for 20-30 seconds or until completely blended.

^^For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.
For Dieters: add lower calorie foods such as skim milk or just use water.

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

Body Fortress® Super Advanced Whey Protein is aspartame free.

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.



Carefully Manufactured by Healthwatchers (DE), Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980



BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN

Body Fortress® Super Advanced Whey Protein delivers a powerful blend of premium proteins athletes need to support lean muscle mass and maximize their training.◇

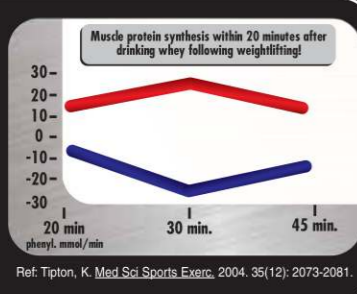
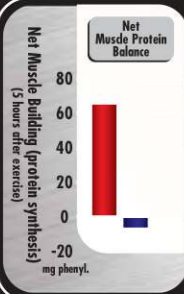
Body Fortress® Super Advanced Whey Protein features a Super Recovery Blend to further enhance the benefits of our premium Whey Protein Blend. Each scoop provides high quality creatine in combination with the important amino acids crystalline taurine and threonine.

WHAT MAKES BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN WORTH IT:

- Body Fortress® Super Advanced Whey Protein provides cross-flow, Ultrafiltered Whey Protein Concentrate.
- State-of-the-art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions that help deliver Whey's superior benefits.◇
- Premium Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing blend to speed amino acid delivery to muscles immediately after workouts (to help stimulate muscle protein synthesis and recovery).◇
- The combination of potent ingredients within the Super Recovery Blend is important for athletes since it allows for faster recovery during high-intensity workouts.◇ Not only will the Super Recovery Blend help recharge muscle energy stores, but it may help decrease fatigue during exercise as well so you can keep training hard.◇
- Contains naturally occurring Branched Chain Amino Acids from protein. 2 scoops contain over 8 grams of the following Branched Chain Amino Acids:
Which typically provides:
 - Isoleucine 2.30 g
 - Leucine 4.09 g
 - Valine 2.17 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it contains superior quality Branched Chain Amino Acids - made up of Leucine, Isoleucine and Valine - which are important for the maintenance of muscle tissue.◇ Unlike some other incomplete protein sources, Super Advanced Whey Protein contains all of the essential amino acids required for supporting lean muscle and exercise recovery.◇

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



Ref: Tipton, K. Med Sci Sports Exerc. 2004. 35(12): 2073-2081.