

MUSCLE FEAST

Muscle Feast 100% Whey Protein is designed to maximize protein synthesis while supporting muscle growth and recovery. This product utilizes a blend of whey protein isolate, whey protein concentrate, and hydrolyzed whey protein to ensure optimal muscle gain.

SUGGESTED USE:

Mix one serving (1 level Scoop) thoroughly into 6-10 ounces of water or beverage of your choice. We do not believe in using fillers in our protein powders; we suggest using milk or milk substitute for better taste.



MIX 1 LEVEL (25g) SCOOP THOROUGHLY WITH 6-10 OZ. OR MORE WATER (OR BEVERAGE OF CHOICE).

**ALL NATURAL / NO GMOs / SOY FREE
GRASS FED / HORMONE FREE / ANTIBIOTIC FREE**

Keep tightly closed in a cool, dry place away from sunlight.

KEEP OUT OF REACH OF CHILDREN.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Do not exceed the recommended dose. Consult your physician before using this product. Do not use this product if you are pregnant or nursing. Do not use this product if you are taking ANY prescription medication. Do not use this product if you are under the age of 18.



WHAT IS THE DIFFERENCE BETWEEN THE WHEY PROTEINS?

WHEY ISOLATE

Whey Protein Isolates are gram for gram one of the highest quality forms of protein available. With a purity rate of 90-98%, these proteins digest and absorb rapidly for optimal performance. Our Isolates are purified through a cold, cross micro and ultra-filtration process that removes any larger, less absorbent protein molecules. This process further filters out fat, lactose and ash, rendering one of the cleanest protein products in the world.

WHEY CONCENTRATE

Whey concentrates are the most common form of protein seen on stores shelves. Compared to isolates, concentrates go through fewer filtration steps with the end product being anywhere from 25-80% pure protein and containing more fat, carbs and lactose. Muscle Feast uses a high-quality whey concentrate with a purity rate of 70-80%.

Like isolates, whey concentrates digest and absorb quickly, elevating amino acid levels in the blood to stimulate protein synthesis. Compared to isolates, concentrates go through fewer filtration steps, resulting in a product that provides a broad range of health-related benefits. While isolates do provide more protein per gram, both isolates and concentrates have the same effects on muscle growth and recovery.

HYDROLYZED WHEY

Whey hydrolysates are proteins that have been purified, then further refined with proteolytic enzymes. Different from isolates and concentrates, hydrolyzed proteins have been broken down into a single amino acid. The result is a faster digesting protein that can enhance protein synthesis when combined with lower doses (less than 15 grams) of other forms of protein.

WHO IS IT BEST FOR?

This blend is best for individuals who want to reap the benefits of having multiple sources of protein included in one convenient powder.

HOW QUICKLY DOES IT DIGEST/ABSORB AND RAISE AMINO ACID LEVELS?

No research exists at this point showing how quick and how long protein blends elevate amino acid concentrations in the blood; however, in theory it should fall somewhere between whey and casein.

WHEN IS THE BEST TIME TO TAKE IT?

Protein blends are best taken 30-60 minutes pre-workout, immediately post workout, between meals or even right before bed.



MUSCLE FEAST



90 SERVINGS
DIETARY SUPPLEMENT
NET WEIGHT 5 LBS (2272g)

100% WHEY

GRASS FED + HORMONE FREE WHEY PROTEIN
19.1g PROTEIN / 4.5g BCAA / 2.1g LEUCINE

VANILLA FLAVOR

Nutrition Facts

Serving Size: 1 Level Scoop (25g)
Servings Per Container: 90

Amount Per Serving	% Daily Values**	
Calories	98	
Total Fat	1.7g	2%
Saturated Fat	1g	4%
Trans Fat	0g	
Cholesterol	47mg	16%
Sodium	47mg	2%
Total Carbohydrate	1.2g	0%
Dietary Fiber	0g	0%
Total Sugars	1.1g	
Includes 0g added Sugars	0g	0%
Protein	19.1g	
Vitamin D 0mcg		0%
Calcium 93mg		7%
Iron 0mg		0%
Potassium 98mg		2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Protein, Natural Vanilla Flavoring, Sunflower Lecithin & Stevia Reb A. Allergens: Milk

Typical Amino Acid Profile

	Per 100g of Protein	Per Serving
Alanine	4103mg	985mg
Arginine	2084mg	500mg
Aspartic Acid	9121mg	2189mg
Cystine	1600mg	384mg
Glutamic Acid	14368mg	3448mg
Glycine	1493mg	358mg
Histidine*	1551mg	372mg
Isoleucine**	5356mg	1285mg
Leucine**	8877mg	2131mg
Lysine*	7860mg	1886mg
Methionine*	1545mg	371mg
Phenylalanine*	2844mg	682mg
Proline	6028mg	1447mg
Serine	3841mg	922mg
Threonine*	5465mg	1311mg
Tryptophan*	1616mg	388mg
Tyrosine	2467mg	592mg
Valine**	4618mg	1108mg

**Branch Chain Amino Acids * Essential Amino Acids
Protein Digestibility - 99.6%

MANUFACTURED BY:

MUSCLE FEAST

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WARNING: This product is manufactured in a GMP compliant plant that processes milk.

