

THE ORIGINAL, THE BEST SELLING, THE PUREST

HEALTHY 'N FIT[®]

NUTRITIONALS

NON-GMO
0 SUGAR
0 CARBS
0 FAT

GLUTEN, SOY AND DAIRY FREE
MADE WITH HORMONE-FREE EGGS*

100% EGG PROTEIN

THE MOST EFFECTIVE AND NATURALLY PUREST PROTEIN



VANILLA ICE CREAM

Naturally Flavored & Sweetened

NO Artificial Flavors, Colors or Sweeteners

NET WEIGHT 2 lbs. (908 g)
Advanced Natural Dietary Supplement

FACTS ABOUT HEALTHY 'N FIT[®] 100% EGG PROTEIN

ADDED EGG WHITE PEPTIDE AMINO ACIDS

FACT - HEALTHY 'N FIT[®] 100% Egg Protein is derived from Natural 100% Pure Egg White Protein and is the only formulation with the added benefits of Natural Hydrolyzed Egg White Peptide Amino Acids, very high in BCAA's and Essential Amino Acids for faster and more efficient Amino Acid absorption and utilization. In addition, **HEALTHY 'N FIT[®] 100% Egg Protein** contains no fillers as found in other brands and is the Purest and Cleanest Protein/Amino Acids source available. Today many brands go out of their way to call their products "pure" and "clean," even though right on their packaging it states they contain artificial ingredients. These types of inaccuracies and misinformation send up red flags for many who are concerned about what other inaccuracies these brands have with other claims they make, and with the overall quality and effectiveness of their products. **HEALTHY 'N FIT[®] 100% Egg Protein** is truly the Purest, Cleanest and Most Effective protein formulation available.

LAB TESTED FOR PURITY

FACT - The facts prove that **HEALTHY 'N FIT[®] 100% Egg Protein** is superior to Whey Protein, and is the highest quality, most effective Protein/Amino Acids source that exists providing Advanced Maximum Nutritional Support for maintaining, repairing, and building lean muscle, strength and more. The quality and potency of **HEALTHY 'N FIT[®] 100% Egg Protein** is laboratory tested and assayed. **HEALTHY 'N FIT[®] 100% Egg Protein** has the highest NPU, Chemical Score and PER of all proteins, including whey protein. NPU (Net Protein Utilization) is a renowned and proven scientific method for rating the quality and effectiveness of proteins and how well the human body can utilize that protein. Chemical Score is an advanced methodology determining a protein's quality and effectiveness based on its amino acid profile. **HEALTHY 'N FIT[®] 100% Egg Protein** is considered a nearly perfect source of protein because its amino acid profile most closely matches that needed by the human body.

- Made exclusively from eggs from the United States
- Free from artificial flavors, sweeteners, colors and preservatives.
- * The chickens our eggs come from are not given hormones (in compliance with USDA regulations for all eggs).
- Contains no added sugars, sugar alcohols, fats, salt, milk proteins, gums, fillers, gluten or wheat ingredients.
- Also contains egg white peptides / amino acids
- All the amino acids in this product are natural
- Paleo and Keto Friendly

- The first and original 100% Egg Protein: **Healthy 'N Fit[®]** was the first company to introduce 100% egg protein to the market 40 years ago.
- Absolutely Delicious
- Instant, mixes with a spoon or shaker cup.
- Guaranteed Most Effective of All Proteins.
- Superior to Whey and all other proteins. Highest rating in virtually all protein quality/efficacy tests: N.P.U., Chemical Score, P.E.R. and more.
- Very high in BCAA's and Essential Aminos

SUGGESTED USE: Stir approx. 3/4 scoop into 6-8 oz. of water, juice, milk, almond milk or the liquid of your choice (mixing with milk or almond milk will make the shake thicker and creamier). Use once or twice daily between meals or after workouts to add the highest quality and most effective protein to your diet. You can also add our 100% Egg Protein to oatmeal, muffins, pancakes, shakes and more, only your imagination limits the vast array of its uses. Visit our website (www.behealthynfit.com) to view dozens of Protein Shake Smoothie Recipes, delicious treats, and baking and cooking ideas.

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.

Supplement Facts

Serving Size: 1 oz dry (28 g) *Approx. 3/4 scoop
Servings Per Container: 32

Amount Per Serving	% Daily Value*
Calories 100	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium (naturally occurring) 295 mg	13%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Protein 24 g	48%
Vitamin D 0mcg	0% • Calcium 10mg 1%
Iron 0.1mg	1% • Potas. 275mg 6%
Riboflavin 0.6mg	46% • Biotin 15mcg 15%
Phosphorus 30mg	2% • Magnesium 24mg 6%

*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: Natural and 100% Pure Extracted Egg Whites (egg albumen), Hydrolyzed Egg Whites (containing Natural Peptide Bond Amino Acids), Natural Flavors, Natural Stevia Herb Extract, Papain and Bromelain (Natural Plant Derived Digestive Enzymes), Sunflower Lecithin.

NOTE: Do not use this product as a sole source of nutrition. A proper diet and exercise program are essential to reach your training and health goals. As a reminder, it is always recommended to check with your physician before using any dietary supplement or before starting an exercise program to be sure you are in good health; especially if you are taking any medication, have a medical condition, are pregnant or nursing. If this product or any product does not agree with you, stop taking it. This bottle is BPA free and Recyclable.

KEEP OUT OF THE REACH OF CHILDREN. This is a natural product and as it is with all natural products, the appearance and taste may vary. Store in a cool dry place, do not refrigerate. This bottle is filled (and should be measured) by weight, not volume. Some settling of contents will occur during packaging, shipping, and handling. A scoop is included but may settle to the bottom.

Amino Acid Profile

Essential Amino Acids	mg per 100 g of Protein
L-Histidine	2281mg
L-Isoleucine**	5323mg
L-Leucine**	8364mg
L-Lysine	6279mg
L-Methionine	3704mg
L-Phenylalanine	5801mg
L-Threonine	4464mg
L-Tryptophan (naturally occurring)	1629mg
L-Valine**	6843mg
Non-Essential Amino Acids	
L-Alanine	6083mg
L-Arginine	5703mg
L-Aspartic Acid	10081mg
L-Cysteine	2661mg
L-Glutamine & Precursors	12926mg
L-Glycine	3422mg
L-Proline	3802mg
L-Serine	6745mg
L-Tyrosine	3889mg
** Branched-Chain Amino Acids	

MADE IN THE USA

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New York, USA Dist. © 2020, 1980
800-338-5200

www.behealthynfit.com
info@behealthynfit.com

