ULTRA PURE PROTEIN** 60g **per 2 scoops

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BODY FORTRESS® SUPER ADVANCED WHEY ISOLATE

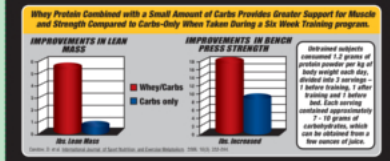
If you're ready to take your training and nutrition to the next level, then you need a premier protein source to help get you there. Perfect for anyone looking to get more out of their protein supplement, Super Advanced Whey Isolate is an ultra high quality protein designed to provide maximum support for lean muscle, strength and exercise recovery.*

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

- **30 grams of protein per scoop with just one gram of carbohydrates.**
- **Super Advanced Whey Isolate contains protein that is processed using microfiltration to ensure an isolated whey that contains minimal lactose and fat. These isolation processes separate the valuable protein from non-protein materials yielding a highly-purified whey isolate.**
- **State-of-the-art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions - some other whey isolate processing methods remove Glycomacropeptides, which are an important protein component.**
- **Instantized Whey Isolate – to further enhance mixability and dispersion in liquid.**
- **Delivers a high quality Whey Isolate protein with a high amino acid profile per gram.**
- **Enhanced with additional free-form amino acids to work synergistically with Whey Isolate's high concentration of aminos.**
- **2 scoops contain over 9 grams of the following Branched Chain Amino Acids from protein: Which typically provides:**
  - **Isoleucine 2.58 g**
  - **Leucine 4.27 g**
  - **Valine 2.28 g**

Whey protein has been relied upon for years by athletes, bodybuilders and anyone looking to get into their best shape. Super Advanced Whey Isolate provides all of the benefits Whey is known for and more by carefully removing more of the fat and lactose that you don't need. By helping to quickly boost protein synthesis while reducing protein breakdown, Super Advanced Whey Isolate helps you get the most out of your workout so you don't waste any of your hard work in and out of the gym.*

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



Fold A

Fold

BODY FORTRESS®

SUPER ADVANCED WHEY ISOLATE

LEAN MASS AND STRENGTH FUEL*

- > 60g ULTRA PURE PROTEIN**
- > MICROFILTERED FOR FASTER ABSORPTION AND DELIVERY
- > OVER 9 GRAMS OF BCAAs FROM PROTEIN**
- > 98.5% LACTOSE FREE

PROTEIN SUPPLEMENT

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

**per 2 scoops

VANILLA CREME

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT. 2 lb. (32 oz.) (907 g)

Contents are sold by weight. Some settling may occur.

Fold

Supplement Facts

Serving Size	1 Scoop (34 g)	2 Scoops (68 g)
Servings Per Container	about 26	about 13
Amount Per Serving	**%Daily Value**	**%Daily Value**
Calories	130	260
Calories from Fat	5	10
Total Fat	0.5 g 1%†	1 g 2%†
Saturated Fat	<0.5 g 1%†	0.5 g 2%†
Cholesterol	15 mg 5%	30 mg 9%
Total Carbohydrate	1 g <1%†	2 g 1%†
Dietary Fiber	<1 g 1%†	<1 g 2%†
Sugars	<1 g ††	1 g ††
Protein	30 g 60%†	60 g 120%†
Calcium	57 mg 6%	115 mg 11%
Phosphorus	46 mg 5%	93 mg 9%
Magnesium	12 mg 3%	25 mg 6%
Sodium	95 mg 4%	190 mg 8%
Potassium	70 mg 2%	140 mg 4%

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

Ingredients: Whey Protein Isolate, Super Recovery Blend (Glycine, Taurine, L- Threonine, L-Glutamine, L-Arginine, L-Alanine, L-Lysine Hydrochloride, L-Leucine, L-Isoleucine, L-Valine), Natural and Artificial Flavors, Cellulose Gum, Xanthan Gum, Acesulfame Potassium, Sucralose, Carrageenan.

Contains milk and wheat ingredients.

Typical Amino Acid Profile (milligrams per 34 g scoop**)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	317 mg	Alanine	962 mg
Isoleucine	1,294 mg	Arginine	407 mg
Leucine	2,136 mg	Aspartic Acid	2,141 mg
Lysine	1,867 mg	Cysteine	474 mg
Methionine	419 mg	Glutamic Acid	3,491 mg
Phenylalanine	588 mg	Glycine	5,825 mg
Threonine	3,308 mg	Proline	1,393 mg
Tryptophan***	360 mg	Serine	872 mg
Valine	1,141 mg	Tyrosine	547 mg

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

BODY FORTRESS®

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 (34 g) to 6-8 ounces of water or your favorite beverage. Serious athletes and bodybuilders 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 Isolate is aspartame free.

FREE OF: yeast, preservatives, soy, artificial color.

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. 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.

PLEASE RECYCLE

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Carefully Manufactured by
Healthwatchers (DE), Inc.
Bohemia, NY 11716 U.S.A.

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Fold B

4mm Graphic, Varnish, & Ink Free