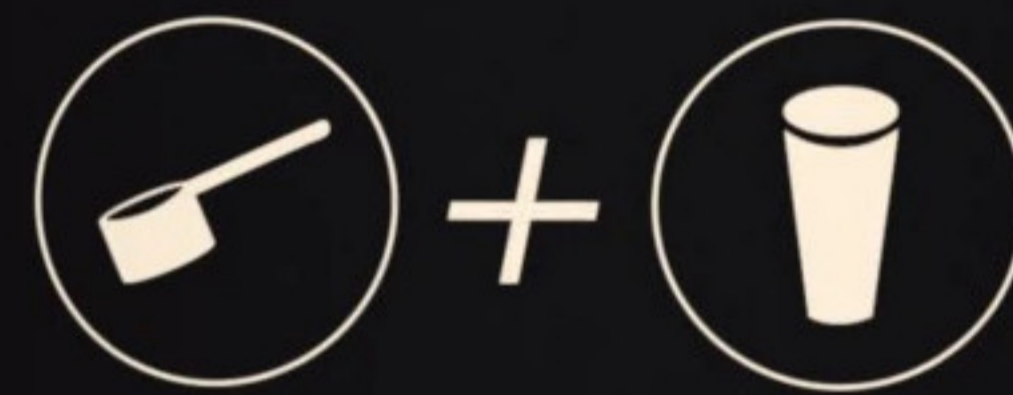


MUSCLE FEAST

Muscle Feast Grass Fed Hormone Free Hydrolyzed Whey Protein is designed to provide you with the fastest digesting whey protein available. Sourced from cows that are certified to be grass fed and free of added hormones, you can rest assured that you're receiving the absolute best in whey protein. Our hydrolyzed whey is not for beginners. Most hydrolyzed whey protein are only hydrolyzed 2-5%, ours is hydrolyzed 12-15%; meaning it is further broken down, easier to digest, and more bitter than the average hydrolyzed whey protein.

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 (28g) SCOOP THOROUGHLY WITH 6-10 OZ. OR MORE WATER (OR BEVERAGE OF CHOICE).

**ALL NATURAL / GLUTEN FREE / SOY FREE
NO GMOs / 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.



WHEY HYDROLYSATE

WHAT IS IT?

Whey hydrolysates are pre-digested proteins, meaning the long chains of amino acids typically found in isolates and concentrates are broken down into single amino acids. Ultimately, this makes hydrolysates the fastest digesting protein source. Hydrolysates also enhance protein synthesis when combined with lower doses (less than 15 grams) of other forms of protein.

WHAT DOES THE RESEARCH SAY?

A unique benefit of hydrolysates is they may decrease body fat compared to other forms of whey protein. Also, some studies indicate strength and lean body mass can increase equally when supplementing with whey hydrolysates.

WHO IS IT BEST FOR?

Because hydrolysates have not been shown to be superior to isolates or concentrates regarding muscular strength, hypertrophy, and recovery; it may only be advantageous for individuals who are trying to build lean muscle mass while simultaneously trying to decrease fat mass.

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

When consumed, whey hydrolysates elevate amino acid concentrations in the blood above baseline after ~10 minutes and peak out at ~30 minutes, followed by a gradual decline that can last up to 2 hours depending on the dose taken.

WHEN IS THE BEST TIME TO TAKE IT?

Ten to fifteen minutes pre-workout, immediately post-work, or throughout the day/between meals to meet individual protein requirements.



MUSCLE FEAST



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

HYDROLYZED
GRASS FED + HORMONE FREE WHEY PROTEIN
23g PROTEIN / 4.8g BCAA / 2.3g LEUCINE

VANILLA FLAVOR

Nutrition Facts

Serving Size: 1 Level Scoop (28g)
Servings Per Container: 81

Amount Per Serving	% Daily Values**	
Calories	114	
Total Fat	1.6g	2%
Saturated Fat	.8g	4%
Trans Fat	0g	
Cholesterol	48mg	16%
Sodium	48mg	2%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	2.4g	
Includes 0g added Sugars	0g	0%
Protein	23g	
Vitamin D 0mcg		0%
Calcium 162mg		12%
Iron 0mg		0%
Potassium 67mg		1%

*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: Hydrolyzed Whey Protein, Natural Vanilla Flavoring, and Stevia Reb A. **Allergens:** Milk

Typical Amino Acid Profile

	Per 100g of Protein	Per Serving
Alanine	4159mg	1123mg
Arginine	1872mg	505mg
Aspartic Acid	8526mg	2302mg
Cystine	2288mg	618mg
Glutamic Acid	13829mg	3734mg
Glycine	1352mg	365mg
Histidine*	1248mg	337mg
Isoleucine**	4887mg	1319mg
Leucine**	8422mg	2274mg
Lysine*	8422mg	2274mg
Methionine*	1664mg	449mg
Phenylalanine*	2495mg	674mg
Proline	4887mg	1319mg
Serine	4159mg	1123mg
Threonine*	5303mg	1432mg
Tryptophan*	1352mg	365mg
Tyrosine	2703mg	730mg
Valine**	4575mg	1235mg

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

MANUFACTURED BY:

MUSCLE FEAST

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NASHPORT, OH 43830
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WWW.MUSCLEFEAST.COM



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

