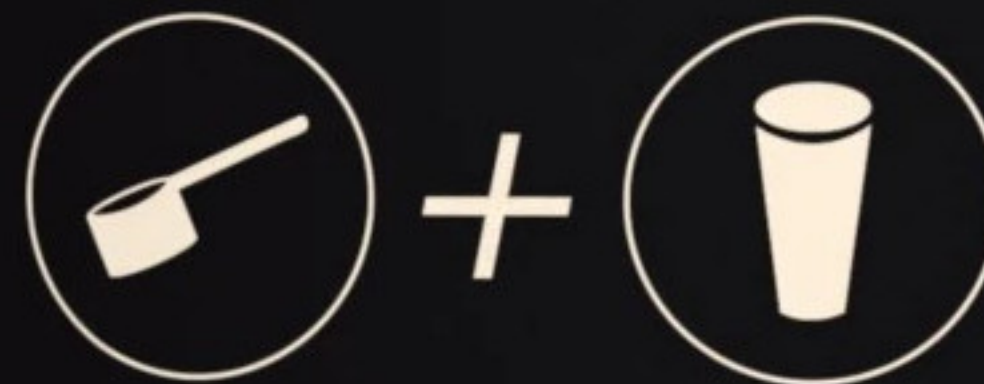


MUSCLE FEAST

Muscle Feast Premium Blend Whey Protein is designed to provide you with an optimal combination of whey proteins to support muscle growth and recovery. The product utilizes a blend of whey protein isolate, hydrolyzed whey protein, and micellar casein to maximize protein synthesis.

SUGGESTED USE:

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



MIX 1 LEVEL (26g) 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.



WHAT IS THE DIFFERENCE BETWEEN THESE 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.

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.

MICELLAR CASEIN

Unlike the whey isolates and hydrolyzed whey protein, Micellar Casein digests and absorbs more slowly. Because it is digested slowly and leads to a relatively sustained increase in amino acids, micellar casein seems to inhibit protein breakdown to a greater extent than whey protein and prolongs muscle protein synthesis (MPS) times. However, it does not elevate amino acid levels in the blood to the extent whey proteins do. Micellar casein, as opposed to caseinate, is isolated from milk by filtration rather than by use of acid or heat. This filtration method preserves the structural integrity of the protein and provides many biologically active compounds that have direct immune and physiological benefits.

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



PREMIUM BLEND
GRASS FED + HORMONE FREE SOY FREE
21g PROTEIN / 4.7g BCAA / 2.2g LEUCINE

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

VANILLA FLAVOR

Nutrition Facts

Serving Size: 1 Level Scoop (26g)
Servings Per Container: 87

Amount Per Serving	% Daily Values**	
Calories	100	
Total Fat	.8g	1%
Saturated Fat	.4g	2%
Trans Fat	0g	
Cholesterol	21mg	7%
Sodium	35mg	2%
Total Carbohydrate	1.5g	0%
Dietary Fiber	0g	0%
Total Sugars	1.3g	
Includes 0g added Sugars	0g	0%
Protein	21g	
Vitamin D 0mcg		0%
Calcium 300mg		22%
Iron 0mg		0%
Potassium 81mg		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 Isolate, Hydrolyzed Whey Protein, Micellar Casein, Natural Vanilla Flavor, Sunflower Lecithin, and Stevia Reb A. Allergens: Milk

Typical Amino Acid Profile

	Per 100g of Protein	Per Serving
Alanine	3736mg	934mg
Arginine	2286mg	571mg
Aspartic Acid	7533mg	1883mg
Cystine	1833mg	458mg
Glutamic Acid	15556mg	3889mg
Glycine	1450mg	363mg
Histidine*	1878mg	469mg
Isoleucine**	5099mg	1275mg
Leucine**	8752mg	2188mg
Lysine*	8402mg	2100mg
Methionine*	1892mg	473mg
Phenylalanine*	3052mg	763mg
Proline	5678mg	1419mg
Serine	3844mg	961mg
Threonine*	5258mg	1315mg
Tryptophan*	1742mg	435mg
Tyrosine	2880mg	720mg
Valine**	4778mg	1195mg

**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.

