

MUSCLE FEAST

**Muscle Feast Grass Fed Hormone Free Whey Protein Concentrate** is designed to be a great source for quality and cost-effective whey protein. Concentrated whey protein provides high amounts of Immunoglobulin G (IgG) and L-cystine; both of which have been proven to significantly improve health. 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 whey protein is undenatured, cold microfiltered, and ultrafiltration processed.

**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 (24g) 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 CONCENTRATE**

**WHAT IS IT?**

Whey concentrates are the most common form of protein seen on store shelves. Compared to isolate, concentrates go through fewer filtration steps with the product being anywhere from 25-80% pure protein and containing more fat, carbs and lactose. The key here is to select a concentrate that is 70-80% pure protein as stated on the label. Like isolates, concentrates digest and absorb quickly where they elevate amino acid levels in the blood and stimulate muscle protein synthesis. They also have the extra bonus of having more sub-fraction proteins compared to isolates (due to fewer filtration steps) that provide a broad range of health-related benefits. Finally, whey concentrates are often a more affordable option compared to isolates. Of additional interest, isolates are only superior to concentrates by having more protein on a gram to gram basis. Both isolates and concentrates have the same effects on muscle growth and recovery.

**WHAT DOES THE RESEARCH SAY?**

No other supplemental protein source has more research behind it than whey concentrates. Study after study has demonstrated that individuals who supplement with a high-quality concentrate can increase lean mass, decrease body fat, improve strength and speed recovery from muscle damaging exercise.

**WHO IS IT BEST FOR?**

Concentrates are best suited for individuals who do not mind having the extra fat, carbs, and lactose in their protein powder. It is also a more affordable option to whey isolates for individuals on a budget.

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

When consumed, whey concentrates elevate amino acid concentrations in the blood above baseline after ~30 minutes and peak out at ~60 - 90 minutes, followed by a gradual decline that can last up to 4 hours depending on the dose taken.

**WHEN IS THE BEST TIME TO TAKE IT?**

Whey concentrate is best taken 30-60 minutes pre-workout and immediately post workout to maximize muscle protein synthesis. It can also be consumed throughout the day or between meals to meet individual protein requirements.



MUSCLE FEAST



**CONCENTRATE**  
GRASS FED + HORMONE FREE WHEY PROTEIN

18.3g PROTEIN / 4.2g BCAA / 1.9g LEUCINE

**94 SERVINGS**  
DIETARY SUPPLEMENT  
NET WEIGHT 5 LBS (2272g)

**VANILLA**  
FLAVOR

**Nutrition Facts**

Serving Size: 1 Level Scoop (24g)  
Servings Per Container: 94

Amount Per Serving  
**Calories 95**

		% Daily Values**
<b>Total Fat</b>	1.8g	2%
Saturated Fat	1.2g	5%
Trans Fat	0g	
<b>Cholesterol</b>	48mg	17%
<b>Sodium</b>	43mg	2%
<b>Total Carbohydrate</b>	1.2g	0%
Dietary Fiber	0g	0%
Total Sugars	1.2g	
Includes 0g added Sugars	0g	0%
<b>Protein</b>	18.3g	
Vitamin D 0mcg		0%
Calcium 85mg		7%
Iron 0mg		0%
Potassium 96mg		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, Natural Vanilla Flavoring, Sunflower Lecithin, and Stevia Reb A.  
**Allergens:** Milk

**Typical Amino Acid Profile**

	Per 100g of Protein	Per Serving
Alanine	3927mg	903mg
Arginine	2021mg	465mg
Aspartic Acid	8798mg	2023mg
Cystine	1450mg	333mg
Glutamic Acid	13735mg	3159mg
Glycine	1441mg	332mg
Histidine*	1516mg	349mg
Isoleucine**	5178mg	1191mg
Leucine**	8541mg	1964mg
Lysine*	7447mg	1713mg
Methionine*	1458mg	335mg
Phenylalanine*	2759mg	634mg
Proline	5907mg	1359mg
Serine	3695mg	850mg
Threonine*	5244mg	1206mg
Tryptophan*	1574mg	362mg
Tyrosine	2353mg	541mg
Valine**	4457mg	1025mg

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

MANUFACTURED BY:

**MUSCLE FEAST**

1320 BOSTON ROAD  
NASHPORT, OH 43830  
(888) 734-3634

[WWW.MUSCLEFEAST.COM](http://WWW.MUSCLEFEAST.COM)



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