

MUSCLE FEAST

Muscle Feast Grass Fed Hormone Free Isolate Protein is designed to provide you with the quick-digesting power of whey isolate protein. 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; making it the ideal whey protein for those that are seeking optimal gains post-workout.

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 (25g) 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 PROTEIN ISOLATE

WHAT IS IT?

Whey Isolates are 90-98% pure protein that digests and absorbs rapidly and is, gram for gram, one of the highest quality forms of protein available. This level of purity is achieved through a cold, cross-micro and ultra-filtration process that removes the larger, less absorbent protein molecules; while also filtering out fat, lactose, and ash.

WHAT DOES THE RESEARCH SAY?

Studies suggest that whey isolates can quickly increase amino acid levels in systemic circulation and stimulate robust increases in protein synthesis; arguably the most important physiological factor in existence when it comes to muscle growth, strength, and recovery.

WHO IS IT BEST FOR?

Since whey isolates are low in carbs, lactose-free, fat-free, cholesterol free, and gluten free; it makes it the perfect choice for those watching their calories, low-carb dieters, and lactose intolerant individuals. People who want only the highest quality of proteins should stick with a whey isolate.

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

When consumed, whey isolates elevate amino acid concentrations in the blood above baseline after ~20 minutes and peak out at ~60 minutes, followed by a gradual decline that can last up to 1.5 to 3 hours depending on the dose taken.

WHEN IS THE BEST TIME TO TAKE IT?

Whey isolate 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.



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

MUSCLE FEAST

ISOLATE

GRASS FED + HORMONE FREE WHEY PROTEIN
20.5g PROTEIN / 4.6g BCAA / 2.2g LEUCINE

PUMPKIN SPICE FLAVOR

Nutrition Facts

Serving Size: 1 Level Scoop (25g)
Servings Per Container: 90

Amount Per Serving		88
Calories		
	% Daily Values**	
Total Fat	.2g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	1mg	0%
Sodium	71mg	2%
Total Carbohydrate	.2g	0%
Dietary Fiber	0g	0%
Total Sugars	.1g	
Includes 0g added Sugars	0g	0%
Protein	20.5g	
Vitamin D 0mcg		0%
Calcium 106mg		8%
Iron 0mg		0%
Potassium 108mg		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, Natural Pumpkin Flavor, Pumpkin Spices (Cinnamon, Ginger, Nutmeg, Cloves, and Allspice), Sunflower Lecithin, Stevia reba A 97/98, Monk Fruit and Himalayan Sea Salt. **Allergens:** Milk

Typical Amino Acid Profile

	Per 100g of Protein	Per Serving
Alanine	4600mg	1058mg
Arginine	2100mg	483mg
Aspartic Acid	9700mg	2231mg
Cystine	2600mg	598mg
Glutamic Acid	17100mg	3933mg
Glycine	1600mg	368mg
Histidine*	1500mg	345mg
Isoleucine**	5600mg	1288mg
Leucine**	9700mg	2231mg
Lysine*	9700mg	2231mg
Methionine*	2000mg	460mg
Phenylalanine*	2900mg	667mg
Proline	5500mg	1265mg
Serine	3700mg	851mg
Threonine*	6100mg	1403mg
Tryptophan*	1600mg	368mg
Tyrosine	2700mg	621mg
Valine**	4600mg	1058mg

**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



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