

• **FACT** – Healthy 'N Fit pioneered and developed the first 100% Egg Protein over 30 years ago. Since then we have been the leader in egg protein technologies. Our product contains 100% egg white proteins and peptide bond amino acids, as well as the natural enzymes Papain and Bromelain.

• **FACT** – Healthy 'N Fit was the first company to introduce an all natural egg protein to the market. Our product is free from artificial flavors, sweeteners, colors and preservatives. The chickens our eggs come from are not given hormones (in compliance with USDA regulations for all eggs). This product contains no added sugars, sugar alcohols, fats, salt, milk proteins, gums, fillers, gluten or wheat ingredients. All the amino acids in this product are natural.

• **FACT** – The Protein Efficiency Ratio (P.E.R.) and Net Protein Utilization (N.P.U.) are both renowned and proven scientific methods for rating the quality of a protein and how well the human body can utilize that protein. No other product available has a higher P.E.R. (3.9 or greater) or N.P.U. (94%) than Healthy 'N Fit's 100% Egg Protein.

• **FACT** – A protein's Chemical Score is based on the amino acid profile. Egg protein is considered a nearly perfect source of protein because its amino acid profile most closely matches that needed by the human body. Therefore, egg protein has been given a rating of 100 in the chemical score. Below is a comparison of the chemical score of some other proteins:

• HEALTHY 'N FIT, 100% EGG PROTEIN	100% HIGHEST	• MILK & EGG PROTEIN (WITH 10% EGG)	66%
• FISH PROTEIN	76%	• SOY PROTEIN	47%
• MEAT PROTEIN	65%		

• **FACT** – THE MOST LOGICAL CHOICE FOR BUILDING AND MAINTAINING LEAN MUSCLE MASS...

HEALTHY 'N FIT® 100% egg protein

THIS STATEMENT IS NOT BASED ON BIASED OPINION BUT... • **FACT**

While Healthy 'N Fit, 100% egg protein is totally instant and delicious by itself, if you desire you can blend some delicious drinks of your own, or try our protein shake recipes (also see suggested uses on side panel).

PROTEIN SHAKE RECIPES

(For best results use an electric blender)

JUICE SHAKE: Crush one or two ice cubes. Add 8 ozs. of juice (pineapple, apple, or the juice of your choice), 2 heaping tablespoons (approx. 1 oz.) Healthy 'N Fit, 100% Egg Protein, mix and serve.

MILKSHAKE: Crushed ice, 8 ozs. low fat milk. Add a ripe banana, fresh strawberries or the fruit of your choice with 2 heaping tablespoons Healthy 'N Fit, 100% Egg Protein, mix and serve.

A HEAVENLY TREAT: Crushed ice, 4 ozs. Kefir (cultured milk) the flavor of your choice, 8 ozs. low fat milk, 2 heaping tablespoons Healthy 'N Fit, 100% Egg Protein, mix and serve.

ADDITIONAL SUGGESTED USES: If you desire, you can also add to your protein shakes additional items for variety such as, creatine, fat-free ice cream, wheat germ, etc.

• 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.

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Laboratory Tested and Assayed

The First, The Original, The best selling

100% egg protein

MIXES WITH
A SPOON

HEAVENLY CHOCOLATE FLAVOR
Naturally Flavored

ABSOLUTELY
DELICIOUS

Advanced Dietary Supplement

Net Weight 12 oz. (340 g)

INGREDIENTS:

100% PURE EXTRACTED EGG ALBUMEN (WITH A PROTEIN EFFICIENCY RATIO (P.E.R.) OF 3.9 OR GREATER), ENZYMATIC DIGEST OF EGG ALBUMEN CONTAINING NATURALLY OCCURRING AMINO ACIDS, NATURAL FLAVORS, STEVIA HERB EXTRACT, PAPAIN AND BROMELAIN (NATURAL DIGESTIVE ENZYMES), SUNFLOWER LECITHIN.

SUGGESTED USE:

Stir approx. 3/4 scoop into 6-8 ozs. of water, low fat milk, or juice. Use one or two times daily between meals or after workouts to add extra protein to your diet and to support muscle repair and growth. You can also add our 100% egg protein to oatmeal, pancakes, muffins, shakes and more.

Notice: Use this product as a food supplement only. Do not use for weight reduction. This product is formulated for adults. Keep out of the reach of children. Store in a cool and dry place. This bottle is filled (*and should be measured) by weight, not volume. Some settling of contents may occur during packaging, shipping and handling. A scoop is included but may settle to the bottom.

AMINO ACID PROFILE

Typical Analysis – mgg per 100 grams of protein

L-Alanine	660mg	L-Lysine	6270mg
L-Arginine	5300mg	L-Methionine	3700mg
L-Aspartic Acid	10000mg	L-Phenylalanine	5901mg
L-Cysteine	2600mg	L-Proline	3500mg
L-Glutamic Acid	12500mg	L-Serine	6745mg
L-Glycine	3400mg	L-Threonine	4464mg
L-Histidine	2600mg	L-Tryptophan (naturally occurring)	1620mg
L-Isoleucine	5300mg	L-Tyrosine	3600mg
L-Leucine	6064mg	L-Valine	6640mg

MADE EXCLUSIVELY IN THE U.S.A.
HEALTHY 'N FIT, INTERNATIONAL, INC.
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Supplement Facts

Serving Size: 1 oz. Dry (28g) *Approx. 3/4 Scoop
Servings Per Container: 12

Amount per serving	
Calories 186 Calories from Fat 0	
%Daily Value (DV)*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium (naturally occurring)	260mg 12%
Potassium	360mg 9%
Total Carbohydrate	2g 1%
Dietary Fiber	0g 0%
Sugars	0g 0%
Protein	28g 44%

Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	1%
Riboflavin	9%	Biotin	9%
Phosphorus	3%	Magnesium	6%

*Percent Daily Values are based on a 2,800 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

