

HEALTHY 'N FIT
NUTRITIONALS

- ## FACTS ABOUT HEALTHY 'N FIT® 100% EGG PROTEIN

ADDED EGG WHITE PEPTIDE AMINO ACIDS

FACT - HEALTHY 'N' FIT® 100% Egg Protein is derived from Natural 100% Pure Egg White Protein and is the only formulation with the added benefits of Natural Hydrolyzed Egg White Peptide Amino Acids, very high in BCAA's and Essential Amino Acids for faster and more efficient Amino Acid absorption and utilization. In addition, **HEALTHY 'N' FIT®** 100% Egg Protein contains no fillers as found in other brands and is the Purest and Cleanest Protein/Amino Acids source available. Today many brands go out of their way to call their products "pure" and "clean," even though right on their packaging it states they contain artificial ingredients. These types of inaccuracies and misinformation send up red flags for many who are concerned about what other inaccuracies these brands have with other claims they make, and with the overall quality and effectiveness of their products. **HEALTHY 'N' FIT®** 100% Egg Protein is truly the Purest, Cleanest and Most Effective protein formulation available.

LAB TESTED FOR PURITY

FACT – The facts prove that **HEALTHY 'N FIT**® 100% Egg Protein is superior to Whey Protein, and is the highest quality, most effective Protein/Amino Acids source that exists providing Advanced Maximum Nutritional Support for maintaining, repairing, and building lean muscle, strength and more. The quality and potency of **HEALTHY 'N FIT**® 100% Egg Protein is laboratory tested and assayed. **HEALTHY 'N FIT**® 100% Egg Protein has the highest NPU, Chemical Score and PER of all proteins, including whey protein. NPU (Net Protein Utilization) is a renowned and proven scientific method for rating the quality and effectiveness of proteins and how well the human body can utilize that protein. Chemical Score is an advanced methodology determining a protein's quality and effectiveness based on its amino acid profile. **HEALTHY 'N FIT**® 100% Egg Protein is considered a nearly perfect source of protein because its amino acid profile most closely matches that needed by the human body.

SUGGESTED USE: Stir approx. 3/4 scoop into 6-8 oz. of water, juice, milk, almond milk or the liquid of your choice (mixing with milk or almond milk will make the shake thicker and creamier). Use once or twice daily between meals or after workouts to add the highest quality and most effective protein to your diet. You can also add our 100% Egg Protein to oatmeal, muffins, pancakes, shakes and more, only your imagination limits the vast array of its uses. Visit our website (www.behealthyntfit.com) to view dozens of Protein Shake Smoothie Recipes, delicious treats, and baking and cooking ideas.

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.

NON-GMO
0 SUGAR
0 CARBS
0 FAT

**GLUTEN, SOY AND
DAIRY FREE**
**MADE WITH
HORMONE-FREE EGGS***

**100%
EGG PROTEIN**

**THE MOST EFFECTIVE AND
NATURALLY PUREST PROTEIN**

VANILLA ICE CREAM •

**Naturally Flavored
& Sweetened**

& Sweetener
NO Artificial Flavors, Colors or Sweetener

NET WEIGHT 4 lbs. (1,815 g)

Advanced Natural Dietary Supplement

Supplement Facts

Serving Size: 1 oz dry (28 g) †Approx. 3/4 scoop
Servings Per Container: 65

Amount Per Serving		% Daily Value*	
Calories 100			
Total Fat 0 g			0%
Saturated Fat	0 g		0%
Trans Fat	0 g		0%
Cholesterol 0 mg			0%
Sodium (naturally occurring) 295 mg			13%
Total Carbohydrate 0 g			0%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein 24 g			48%
Vitamin D	0mcg	0% • Calcium	10mg 1%
Iron	0.1mg	1% • Potas.	275mg 6%
Riboflavin	0.6mg	46% • Biotin	15mcg 15%
Phosphorus	30mg	2% • Magnesium	24mg 6%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: Natural and 100% Pure Extracted Egg Whites (egg albumen), Hydrolyzed Egg Whites (containing Natural Peptide Bond Amino Acids), Natural Flavors, Natural Stevia Herb Extract, Papain and Bromelain (Natural Plant Derived Digestive Enzymes), Sunflower Lecithin.

NOTE: Do not use this product as a sole source of nutrition. A proper diet and exercise program are essential to reach your training and health goals. As a reminder, it is always recommended to check with your physician before using any dietary supplement or before starting an exercise program to be sure you are in good health; especially if you are taking any medication, have a medical condition, are pregnant or nursing. If this product or any product does not agree with you, stop taking it. This bottle is BPA free and Recyclable.

KEEP OUT OF THE REACH OF CHILDREN. This is a natural product and as it is with all natural products, the appearance and taste may vary. Store in a cool dry place, do not refrigerate. This bottle is filled (and should be measured) by weight, not volume. Some settling of contents will occur during packaging, shipping, and handling. A scoop is included but may settle to the bottom.

Amino Acid Profile	
Essential Amino Acids	mg per 100 of Protein
L-Histidine	2281
L-Isoleucine**	5223
L-Leucine**	12564
L-Lysine	6279
L-Methionine	3704
L-Phenylalanine	5810
L-Threonine	4464
L-Tryptophan (naturally occurring)	1529
L-Valine**	8843
Non-Essential Amino Acids	
L-Alanine	8933
L-Arginine	5763
L-Aspartic Acid	10881
L-Cysteine	2691
L-Glutamine & Precursors	12039
L-Glycine	3423
L-Proline	3812
L-Serine	6743
L-Tyrosine	3689

** Branched-Chain Amino Acids

MADE IN THE USA

Healthy 'N Fit® International, Inc.
New York, USA Dist. © 2020, 1980
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