

Being multi-purpose is often a good thing. It means it is adaptable and has a number of different uses. Sometimes, though, you don't need a multi-purpose product - you need a targeted well-formulated product perfectly and specifically designed for your needs. You need something pure.\*

For the athlete, that often means a protein supplement free from all admixture and modification. With ISO, Core addresses that need in the only way we know how: expertly and specifically, delivering a protein supplement that tastes amazing, that mixes well, and that is comprised by the highest quality protein available. Our non-GMO, cold-pressed, microfiltered whey protein isolate is of utmost quality and tests pure in every important measure.†

If you're a pure athlete, you need a pure protein. You need Core ISO.†

**WARNING:** This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your health-care provider before using this product, especially if you are taking any prescription, over-the-counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

**DIRECTIONS:** Add 1 scoop to 6-8 ounces of cold water and shake or stir until mixed.

\*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.

Manufactured in a U.S. cGMP Facility.  
Distributed by Core Nutritionals, LLC, Seattle, WA 98144.  
www.corenutritionals.com, info@corenutritionals.com,  
(888) 909-2332



8 72975 51571 9

**fresh life**™  
Protect from heat, light and moisture.  
Store at 68-75°F (20-24°C)



CORE NUTRITIONALS®

ISO

ULTRA-PURE WHEY PROTEIN ISOLATE

LACTOSE FREE\* | GLUTEN FREE\* | SOY FREE\* | NON-GMO\*

CHOCOLATE MINT COOKIE

DIETARY SUPPLEMENT

31 SERVINGS - NET WT. 2 LBS (908.3 G)



## Supplement Facts

Serving Size: 1 Scoop (29.3g)

Servings Per Container: Approx. 31

|                    | Amount Per Serving | % DV |
|--------------------|--------------------|------|
| Calories           | 118 g              |      |
| Total Fat          | 1 g                | 1%*  |
| Saturated Fat      | 0.5 g              | 3%*  |
| Trans Fat          | 0 g                | **   |
| Cholesterol        | 15 mg              | 5%*  |
| Total Carbohydrate | 2 g                | 1%*  |
| Dietary Fiber      | <1 g               | 4%*  |
| Total Sugars       | 0 g                | **   |
| Added Sugars       | 0 g                | 0%*  |
| Protein            | 24 g               | 47%* |
| Calcium            | 90 mg              | 7%*  |
| Iron               | 1 mg               | 6%*  |
| Phosphorus         | 80 mg              | 6%*  |
| Magnesium          | 30 mg              | 7%*  |
| Sodium             | 65 mg              | 3%*  |
| Potassium          | 180 mg             | 4%*  |

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

## Typical Amino Acid Profile

Amount Per Serving

|                 |         |
|-----------------|---------|
| Alanine         | 1206 mg |
| Arginine        | 532 mg  |
| Aspartic Acid   | 2441 mg |
| Cysteine        | 543 mg  |
| Glutamic Acid   | 3763 mg |
| Glycine         | 416 mg  |
| Histidine I     | 369 mg  |
| Isoleucine II   | 1446 mg |
| Leucine II      | 2481 mg |
| Lysine I        | 2154 mg |
| Methionine I    | 529 mg  |
| Phenylalanine I | 708 mg  |
| Proline         | 1527 mg |
| Serine          | 1151 mg |
| Threonine I     | 1622 mg |
| Tryptophan III  | 334 mg  |
| Tyrosine        | 656 mg  |
| Valine II       | 1375 mg |

I Essential Amino Acids

II BCAA's

III The L-Tryptophan indicated is from naturally occurring sources of protein.

**INGREDIENTS:** Cold-Processed Microfiltered Non-GMO Whey Protein Isolate, Red Cocoa Powder, Natural Flavoring, Xanthan Gum, Sucralose.

**ALLERGEN INFORMATION:** Contains milk. Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, and eggs.