



Sports Nutrition

Creamy Vanilla

WHEY PROTEIN ISOLATE

25g Protein from *Whey* | 0g Sugar
No Artificial Flavors | No rBST Hormones

NET WT. 2 LB (907g)

Suggested Use: Add 1 level scoop daily to 8 oz. of cold water, milk, or a beverage of your choice. Stir or blend.

Lake Avenue Nutrition™ Whey Protein Isolate Creamy Vanilla Flavor

- Branched-Chain Amino Acids (BCAAs)
- No rBST Hormones
- No Artificial Colors
- Formulated without: GMOs, Gluten, or Soy

Warnings: Keep out of reach of children. As with all dietary changes, it is recommended to consult with a healthcare professional before adding something new to your health and wellness regimen.

Sealed for your protection. Do not use if seal is missing or broken. Store in a cool, dry place.

Manufactured for: Lake Avenue Nutrition™
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Nutrition Facts

About 28 servings per container

Serving size 1 Level Scoop (32g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 0.5g <1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 2g <1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Xylitol 1g

Protein 25g

Vitamin D 0mcg 0%

Calcium 161mg 10%

Iron 0.3mg 2%

Potassium 158mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whey Protein Isolate, Xylitol, Natural Flavors, Xanthan Gum, Organic Stevia Leaf Extract, and Sunflower Lecithin.

CONTAINS: MILK

Not manufactured with eggs, fish, shellfish, peanuts, wheat, soy or gluten. Produced in a third-party cGMP facility that may process other products that contain these ingredients.

Typical Amino Acid Profile (Example) (Per Serving)**

Essential Amino Acids mg Per Serving

L-Histidine 384

L-Isoleucine*** 1,642

L-Leucine*** 3,003

L-Lysine 2,845

L-Methionine 495

L-Phenylalanine 757

L-Threonine 2,319

L-Tryptophan 554

L-Valine*** 1,724

Non-Essential Amino Acids

L-Alanine 1,407

L-Arginine 522

L-Aspartic Acid 2,980

L-Cysteine 613

L-Glutamic Acid 5,663

Glycine 417

L-Proline 1,683

L-Serine 1,443

L-Tyrosine 786

**Subject to Natural Variability

***Branched-Chain Amino Acids