ONLY 1g SUGAR | **AMAZING TASTE!** | **HI PROTEIN / LOW CARB**

Premium Quality HYDROLYZED PROTEIN ISOLATE

Ultimate Flurry™

Hi-Protein Powder

Cookie Lovers

Natural and Artificial Flavors

INSTANT MIXABILITY

5g NET CARBS

5g BCAA's

4g GLUTAMINE

25g SUSTAINED RELEASE MUSCLE BUILDING PROTEIN*

Flavored with America's Favorite Crushed Chocolate Sandwich Cookies

NET WT. 5.0 LBS. (2270 g)

GUARANTEED... The Most Delicious Protein Powder You'll Ever Try!

- Only 5g Net Carbs
- Great for Hi Protein / Low Carb Diets
- Contains The Right Optimum Ratio of Essential and Non-essential Amino Acids
- Loaded with Glutamine and BCAA's (Branched-chain amino acids)
- IGF-rich Whey Protein
- Supports Intracellular Nitrogen Retention Levels*
- MCT's for Fast Burning Muscle Energy*
- No Aspartame, No Trans Fat

SUSTAIN RELEASE FMS PROTEIN — FAST MEDIUM SLOW

Nutrition Facts

Serving Size: 1 scoop (38g) Servings Per Container: appx. 60

Amount Per Serving

Calories 170	Calories from Fat 45
	% Daily Value
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 45mg	15%
Sodium 70mg	3%
Potassium 170mg	5%
Total Carbohydrates 6g	2%
Dietary Fiber 0.5g	2%
Sugars 1g	
Protein 25g	50%
Vitamin A 1% •	Vitamin C 0%
Calcium 11% •	Iron 2%

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

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Cholesterol	Less than	300g	300g
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Protein		50g	65g

Calories Per Gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: FMS Protein Blend: (Cross-flow Full Spectrum Whey Protein Concentrate [Providing Di-Tri-Oligo and Polypeptides which are the short and long chains of amino acids], Ultra Pure Hydrolyzed Protein Isolate, Micellar Casein), Oreo® Cookies (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate - Vitamin B1, Riboflavin - Vitamin B2, Folic Acid], High Oleic Canola Oil and/or Palm Oil and/or Canola Oil and/or Soybean Oil, Cocoa Processed With Alkali, High Fructose Corn Syrup, Cornstarch, Leavening [Baking Soda and/or Calcium Phospate], Salt, Soy Lecithin [an emulsifier], Vanillin - artificial flavor, Chocolate), Natural and Artificial Flavors, Maltodextrin, Xanthan Gum, Medium Chain Triglycerides (MCT's), Acesulfame Potassium and Sucralose.
Store in a cool, dry place.

Manufactured in an FDA Registered & GMP Certified facility.

DIRECTIONS: Add one (1) rounded scoop to 14-16 fluid ounces of cold water, milk or beverage of choice. Increase or decrease the amount of liquid to tailor flavor and consistency to your desired preference.

The Ultimate Flurry Hi-Protein Powder is designed to be used anytime throughout the day including:

BEFORE AND AFTER EXERCISE: Makes an excellent pre and post workout shake by providing fast digesting protein for immediate muscle support plus containing the perfect blend of medium and slow digesting proteins for extended amino acid delivery and recovery.
NOTE: Best results when taken 30 minutes before and after exercise.

WITH MEALS: Use the Ultimate Flurry Hi-Protein Powder with your meals to increase desired protein quantity.

BETWEEN MEALS AND BEFORE BED: The Ultimate Flurry Hi-Protein Powders Sustained Release specialized protein blend FMS (Fast, Medium, Slow) keeps amino acid levels elevated between meals and throughout the night preventing the breakdown of muscle, so your body doesn't go into an undesirable catabolic state.*

ALLERGY INFORMATION: Contains Milk, Wheat and Soy Lecithin. Produced in a facility that manufactures products containing peanuts.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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