SUPPLEMENT FACTS

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Serving Size:	2 Scoops	%DV**	3 Scoops	%DV**
Amount Per Serving	,~47 g		~70 g	
Servings Per Container			16	
Calories:	204		306	
Calories From Fat	48		72	
Total Fat		7%	8g	10%
Saturated Fat	0 g	0%	<1	0%
Cholesterol		5%	21 mg	8%
Sodium	40 mg	2%	60 mg	3%
Potassium		15%	221 mg	22%
Total Carbohydrates		5%	23 g	8%
Dietary Fiber	3 g	12%	4 g	16%
Sugar (unrefined)	5 g		7 g	
Protein	24 g		36 g	

Vitamin and Mineral Profilet

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	Vitamin A:	33%	Vitamin B6:	33%	L-Alanine	1668mg	L-Lysine* 3852mg	
	Vitamin C:	33%	Folic Acid:	33%	L-Arginine	939mg	L-Methionine* 1325mg	
	Calcium:	33%	Vitamin B12:	33%	L-Aspartic	Acid 4021mg	L-Phenylalanine 1325m	
	Iron:	33%	Biotin:	33%	L-Cystine	490mg	L-Proline 1635mg	
	Vitamin D:	33%	Magnesium Stearate:	33%	L-Glycine	1616mg	L-Serine 1735mg	
	Vitamin E:	33%	Pantothenic Acid:	33%	L-Glutamio	Acid 5150mg	L-Threonine 1915mg	
	Thiamin (B1):	33%	Copper:	33%	L-Histidine	* 770mg	L-Tryptophan 979mg	
	Riboflavin (B2):	33%	Zinc:	33%	L-Isoleucii	ne (BCAA)* 1631mg	L-Tyrosine 1484mg	
	Niacin (B3):	33%	Chromium: 40mcg	33%	L-Leucine	(BCAA)* 4289mg	L-Valine (BCAA) 1671m * essential arrino acids	

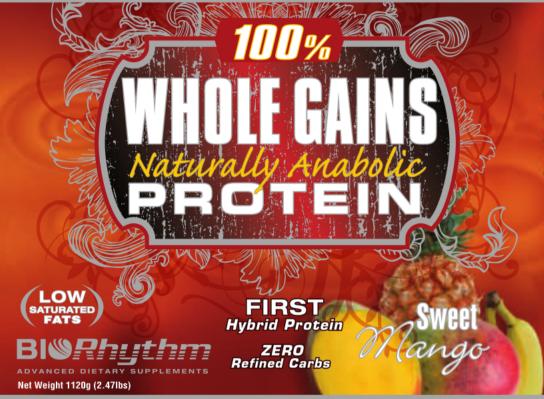
Enhanced Amine Acid Profile t

Natural Anabolic Components

Whole Anabolic Blend: Undenatured Whey Protein (3:1 Whey Protein Concentrate/Isolate), Micellar Caseins and Caseinate, Whole Milk Protein, Hydrofyzed Whey Protein, and Whey Protein Isolate. Whole Carbohydrate Fuel: Whole Grain Rice Polymers, Whole Grain Oats and Oat Fiber, Evaporated Cane Juice and Chicory, Whole Lean Fats: Sunflower Oil, Medium Chain Triglycerides and Canola Oil.

Other Ingredients: Vitamin and Mineral Blend (Vitamin A acetate, cholecalciferol, d-alpha-tocopherol acetate, ascorbic acid, folate, thiamine monohyrate, riobafavin, nacinamide, pyrodoxine HCL, cyanocobalamine, biotin, pantothenic acid, di-calcium phosphate, potassium iodide, potassium chloride, ferrous fumerate, magnesium oxide, copper gluconate, and zinc oxide). Complete Absorb Enzyme Blend (Pancreatin 4X providing Armylase, 50,000 USP units. Protease 50,000 USP units. Iparea As of Collegia (Ingress) and Ingress and Suprementation of Collegia (Ingress) and Ingress a

** Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. † Vitamin & mineral and amino acid profiles are based on a 3 scoop serving.



Directions: As an adult dietary supplement, mix one serving with 4-8 oz. of water or low fat milk. 100% Whole Gains can be enjoyed as a thick and rich whole food creamy shake or as a thin flavorful meal replacement – depending on serving size and fluid volume.





Whole Anabolic Blend assembles a unique ratio of undenatured whole Proteins that are absorbed at a controlled rate, maximizing the body's positive nitrogen balance – the very definition of anabolic!*

Whole Carbohydrate Fuel is a food based whole grain high energy source for muscle contraction, refueling and repair. 100% Whole Gains uses no processed carbs notorious for bloating and increasing stored fat.

Whole Lean Fats is another high energy source rich in EFA's readily available for enhancing your body's metabolism while assisting in protein synthesis. 100% Whole Gains uses only the highest quality & most healthy ingredients, yielding low saturated fat content.*

100% Whole Gains is further enhanced with Complete Absorb Digestive Enzyme Complex. This naturally occurring enzymatic blend will help ensure complete and full absorption getting you better results per each serving.* When to use 100% Whole Gains? This premium meal supplement is an excellent choice for breakfast, in the afternoon or late evening. 100% Whole Gains offers a good source of healthy fats, whole grain carbohydrates and extended release protein blend that can be efficiently utilized any time of the day. Use a smaller serving size as a hunger busting mid day snack, or prepare a full serving as a pre-workout muscle fueling meal (30 minutes to 2 hrs before training).*

Don't let this natural formula fool you. Expect a great tasting, lean muscle building and fat attacking complex that combines common sense nutrition with 21st century meal replacement technology.

WARNING: This product should not be used as the sole source of nutrition. Not to be used as a meal replacement for pregnant or nursing women without the advice of a physician. Anyone who desires to lose 20% or more body weight should consult a physician before use.

Caution: This product contains milk proteins and grain products. Individuals with milk, grain, wheat or gluten sensitivities should use caution when using this product to avoid any allergic reactions

'These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured for and distributed by: BioRhythm-ADS 1-866-429-2600 www.biorhythm-ads.com

