## ONLY 19 FAT

### **Nutrition Facts**

Serving Size: 3 heaping scoops (146g) Servings Per Container: 31

Amount Per Serving	
Calories 580	Calories from Fat 9
	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	6%
Calcium 310mg	31%
Sodium 170mg	7%
Total Carbabudget	an 90a 279/

Dietary Fiber 0g Sugars 2g

Protein 62a

	CALURIES	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	2,400
Potassium	Less than	3,500mg	3,500
Protein		50a	65a

Calories Per Gram: Fat 9 • Carbohydrates 4 • Protein

#### DIRECTIONS

As a dietary supplement, blend 3 heaping scoops (146g) of Iso•Gro 62™ with 18-22 ounces of water or milk. For superior results use 2 servings daily, 1 serving for breakfast and 1 serving post-workout. On non training days, use 1 serving for breakfast and 1 serving 1 hour before bedtime.

#### ALLERGY INFORMATION:

Contains Milk and Soy Lecithin.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction. Keep out of reach of children.

Sold by weight not by volume. Store in cool, dry place.

Other Ingredients: 100% Low DE Maltodextrin Complex (Containing short, medium and long linear chains), Iso•Gro™ Isolate Blend (Cold Ultra Filtered Whey Protein Isolate. Hydrolyzed Protein Isolate and Micellar Casein), Medium Chain Triglycerides (MCT's), Natural and Artificial Flavors, Acesulfame Potassium and Sucralose,



Manufactured in an FDA Registered & GMP Certified facility.





*ONLY 2g SUGAR* 

# The Most Delicious Isolate Protein Shake You'll Ever Try!

- PREMIUM WHEY PROTEIN ISOLATE
- **V** LOADED WITH GLUTAMINE. **BCAAs & MCTs**
- ✓ ONLY 1g FAT
- **☑** ONLY 2g SUGAR
- **▼** 580 CLEAN CALORIES
- **☑** GLUTEN FREE









Ice Cream Vanilla NET WT. 10 LBS. (4540 g)