

This product has been developed, manufactured and packaged by Vitamin World. Our world-class facilities allow us to control exactly what goes into each product. It is your assurance that you are getting the highest quality and freshest products. You have our guarantee!



No Artificial Color, No Sugar, No Gluten, No Wheat, No Fish.

If you're looking for a top quality protein supplement, then look no further than Milk and Egg Protein Powder. Each serving contains Egg Protein as well as the popular proteins whey and casein, which are derived from milk. Each serving additionally provides an excellent source of essential vitamins and minerals needed for overall health and wellness.

This sugar and fat free formula* can be used before and after workouts or any time of the day for a delicious and satisfying treat that helps to support lean muscle and a healthy body composition.

*Not a low calorie food

AMINO ACIDS

Amino Acids (approximate values) per serving (21 g) (from Caseinate, Egg White Solids, Whey Protein Concentrate and 1 cup Fortified Skim Milk):

L-Alanine	744 mg
L-Arginine	764 mg
L-Aspartic Acid	1,724 mg
L-Cysteine	386 mg
L-Glutamic Acid	4,893 mg
L-Glycine	416 mg
L-Histidine	634 mg
L-Isoleucine ¹	1,109 mg
L-Leucine ¹	2,241 mg
L-Lysine ¹	1,831 mg
L-Methionine ¹	610 mg
L-Phenylalanine ¹	1,156 mg
L-Proline	2,431 mg
L-Serine	1,332 mg
L-Threonine ¹	896 mg
L-Tryptophan ¹	290 mg
L-Tyrosine	1,211 mg
L-Valine ¹	1,347 mg

¹Essential Amino Acids

NOTE: L-Tryptophan is naturally occurring, not added.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.

TO REORDER PROD. # 3151
www.vitaminworld.com
1-800-228-4533

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Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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VITAMIN WORLD
get healthy.

INSTANT MILK & EGG

PROTEIN POWDER DRINK

Proteolytic Enzymes
Supports Lean Muscle
& a Healthy Body
Composition

Excellent Source of
over 18 Vitamins
& Minerals
Sugar & Fat Free*



FOR ADULTS: For adults, blend one (1) scoop (21g) (scoop included) of Instant Milk & Egg Protein with one (1) cup (8 fl. ounces) of skim milk.

Nutrition Facts

Serving Size 1 Scoop (21g)
Servings Per Container about 19

Amount Per Serving	Mix	Mix with 1 cup of Fortified Skim Milk
Calories	70	150
Calories from Fat	0	0

	%Daily Value***	
Total Fat 0g**	0%	1%
— Saturated Fat 0g	0%	1%
— Trans Fat 0g		
Cholesterol <5mg	1%	3%
Sodium 50mg	4%	8%
Potassium 100mg	5%	16%
Total Carbohydrate <1g	<1%	4%
— Dietary Fiber 0g	0%	0%
— Sugars 0g		
Protein 16g	32%	48%
Vitamin A	35%	45%
Vitamin C	35%	35%
Calcium	60%	90%
Iron	35%	35%
Vitamin D	35%	60%
Vitamin E	35%	35%
Thiamin (Vitamin B-1)	35%	40%
Riboflavin (Vitamin B-2)	35%	70%
Niacin	35%	35%
Vitamin B-6	35%	40%
Folic Acid	35%	40%
Vitamin B-12	35%	60%
Biotin	35%	35%
Pantothenic Acid	35%	45%
Phosphorus	45%	70%
Iodine	35%	35%
Magnesium	35%	45%
Zinc	35%	40%
Copper	35%	35%

**Amount in Mix.

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

	2,000	2,500
Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:

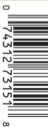
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Protein Blend (Calcium Caseinate, Egg White, Whey Protein Isolate), Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Oxide, Potassium Chloride, Potassium Citrate, Tricalcium Phosphate, Ascorbic Acid, Ferric Sulfate, dl-Alpha Tocopheryl Acetate, Nicotinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid, Biotin, Potassium Iodide, Ergocalciferol, Cyanocobalamin), Natural and Artificial Flavor, Salt, Soy Lecithin, Papain, Bromelain, Sucralose.

Contains egg, milk and soy ingredients.

NET WT. 14 oz. (397 g)

NOTICE: Use this product as a food supplement only.
Do not use for weight reduction.



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