

# Know Your Protein!

**SELECT PROTEIN™**  
The Science–Based Protein

Do You *Just* Whey?

If you're a regular protein user, there's something you **need to know**. When it comes to optimally building lean muscle, 100% whey protein is NOT THE KING like you've been led to believe.

**Nature has it right.** When researchers tested a combination of **whey protein + casein protein**, as found naturally in milk protein, they discovered that the two protein sources work together in a synergistic manner to build lean muscle.

Researchers have also found the combination of whey protein **with** casein protein results in a **quick increase in protein synthesis** along with a **sustained elevation in plasma leucine levels**.

It is **important to consume both whey and casein protein together**. That is why we have formulated SELECT PROTEIN with Milk Protein Isolate, the first ingredient of our formula, which is comprised naturally of both casein and whey protein. This combination acts in a way that 100% whey protein cannot.

This is the science SELECT PROTEIN™ is formulated from...a combination of the highest quality Milk Protein Isolate and Whey Protein Concentrate 80%.

## Amino Acid Composition

### Essential Amino Acids Typical Amount per Serving: ~ 10 g

Isoleucine*	Phenylalanine
Leucine*	Threonine
Lysine	Tryptophan
Methionine	Valine*

### Conditional Amino Acids Typical Amount per Serving: ~ 9 g

Arginine	Histidine
Cysteine	Proline
Glutamic Acid	Tyrosine

### Non– Essential Amino Acids Typical Amount per Serving: ~ 4.5 g

Alanine	Aspartic Acid
Glycine	Serine

\* ~ 5 g BCAAs

For More Information and Delicious Recipes: [SelectProtein.com](http://SelectProtein.com)



**27**  
Servings

**24 g**  
Protein

**1.5g**  
Fat

# select



# PROTEIN™

Taste the Quality | Select the Best

- Premium Whey+Casein Blend
- Finest Milk Protein Isolate
- 5 g BCAAs
- **LEU PepForm®**  
Leucine Peptides

## Nutrition Facts

27 Servings Per Container

**Serving Size 1 Scoop (32.5g)**

Amount Per Serving

**Calories 120**

% Daily Value\*

<b>Total Fat</b> 1.5 g	<b>2%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>15%</b>
<b>Sodium</b> 370 mg	<b>15%</b>
<b>Total Carbohydrate</b> 3 g	<b>1%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 2 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 24 g	<b>47%</b>
Vit. D 0mcg 0%	Potass. 30mg 1%
Calcium 280mg 21%	Iron 0.4mg 2%

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:** Select Protein Blend (Milk Protein Isolate [comprised of casein protein and whey protein], Whey Protein Concentrate 80%, Leucine Peptides), Peanut Flour, Natural and Artificial Flavors, Salt, Guar Gum, Sucralose, Acesulfame Potassium.

**Contains milk, peanut and soy ingredients.**

Manufactured by PEScience LLC (3665 East Bay Dr. #204-155 Largo, FL 33771 USA. Ph: 888-885-0195)

**GLUTEN FREE**

PepForm® is a trademark of Glanbia plc.

**DIRECTIONS:** Mix one scoop of SELECT PROTEIN with ~8 oz cold water. Amount of water can be adjusted to meet your taste preference. To increase your protein intake per serving or to achieve a richer taste, use non-fat or low fat milk, or a milk substitute. Consume enough protein to meet your daily protein requirement through a combination of high protein foods and protein supplements.

This product is only intended to be consumed by healthy individuals over the age of 18. Pregnant or nursing women should not use this product without first consulting their physician. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. Do not use if safety seal is broken or missing.

STORE IN A COOL, DRY PLACE.  
CONTENTS SOLD BY WEIGHT NOT VOLUME.

Amazing **PEANUT BUTTER COOKIE**  
Naturally and Artificially Flavored

**PROTEIN POWDER DRINK MIX**

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

**Net Wt 31 oz (1.93 lbs) (878 g)**



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