

Being multi-purpose is often a good thing. It means it is adaptable and has a number of different uses. Sometimes, though, you don't need a multi-purpose product - you need a targeted well-formulated product perfectly and specifically designed for your needs. You need something pure.*

For the athlete, that often means a protein supplement free from all additives and modifications. With ISO, Core Nutritional's flat ironed in the only way we know how: expertly and specifically, delivering a protein supplement that tastes amazing, that mixes well, and that is comprised by the highest quality protein available. Our non-GMO, cold-processed, microfiltered whey protein isolate is of utmost quality and taste, pure in every important measure.*

If you're a pure athlete, you need a pure protein. You need Core ISO.™

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Add 1 scoop to 8-16 ounces of cold water and shake or stir until mixed.

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

Manufactured in a GMP Facility
Distributed by Core Nutritionals, LLC, Bensenville, IL 60015
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fresh it!™ in Protein from Farm, Light and Natural
or Scan at 800-294-2667 (800-294-2667)



CORE NUTRITIONALS®

ISO

ULTRA-PURE WHEY PROTEIN ISOLATE

LACTOSE FREE* | GLUTEN FREE* | SOY FREE* | NON-GMO*

CHOCOLATE MINT COOKIE

Always use common sense. Don't Abuse Your Lenses!

31 SERVINGS - NET WT. 2 LBS (908.3 g)



Supplement Facts

Serving Size: 1 Scoop (28.3g)

Servings Per Container: Approx. 31

	Amount Per Serving	% DV
Calories	110	
Total Fat	1 g	1%*
Saturated Fat	0.5 g	1%*
Trans Fat	0 g	**
Cholesterol	10 mg	1%*
Total Carbohydrate	2 g	1%*
Dietary Fiber	<1 g	4%*
Total Sugars	0 g	**
Added Sugars	0 g	0%*
Protein	24 g	47%*
Calcium	80 mg	7%*
Iron	1 mg	6%*
Phosphorus	80 mg	6%*
Magnesium	30 mg	7%*
Sodium	60 mg	3%*
Potassium	180 mg	4%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

INGREDIENTS: Cold-Processed Microfiltered Non-GMO Whey Protein Isolate, Red Cocoa Powder, Natural Flavoring, Xanthan Gum, Sucralose.

ALLERGEN INFORMATION: Contains milk. Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, and eggs.

Typical Amino Acid Profile

Amount Per Serving

Alanine	1206 mg
Arginine	532 mg
Aspartic Acid	2441 mg
Cysteine	543 mg
Glutamic Acid	2763 mg
Glycine	458 mg
Histidine	369 mg
Isoleucine	1446 mg
Leucine	2481 mg
Lysine	2154 mg
Methionine	529 mg
Phenylalanine	708 mg
Proline	1527 mg
Serine	1151 mg
Threonine	1623 mg
Tryptophan	304 mg
Tyrosine	656 mg
Valine	1375 mg

* Essential Amino Acids

BCAA's

® The L-Tryptophan indicated is from naturally occurring sources of protein.