INFORMED CHOICE

Informed Choice® is a quality assurance program that certifies that all nutritional supplements that bear the Informed Choice logo have been regularly tested for banned substances by the world class sports anti-doping lab, LGC.

ULTRA-FAST ABSORBING PERFORMANCE PROTEIN

ISO100® is ideal for those trying to maintain lower body fat, fuel athletic performance, and build lean muscle with a fitness or bodybuilding regimen.

Dymatize, the trusted leader in athletic nutrition for over 25 years, brings you ISO100 Hydrolyzed, 100% Whey Protein Isolate.* Each ultra-fast absorbing and easy digesting serving is scientifically formulated to deliver the protein and amino acids you need for next-level muscle recovery and performance.

ENGINEERED TO CRUSH GOALS:

- Building Muscle‡
- Muscle Recovery‡
- Muscle Maintenance

BEST TIMES TO USE:

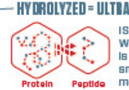
- 0-30 mins. Before Training
- 0-30 mins. After Training

THE SCIENCE BEHIND THE SCOOP

MULTI-STEP PURIFICATION

ISO100's proteins are filtered to remove excess carbs, cholesterol, fat, sugar, and lactose.

HYDROLYZED = ULTRA-FAST ABSORBING



ISO100's Hydrolyzed Whey Protein Isolate is broken down into smaller protein molecules (peptides).

SUPER EASY MIXING

Mixes completely, even if you use a cup and spoon!

TESTED FOR PURITY & BANNED SUBSTANCE TESTED

Our products are banned substance tested and rigorously tested for quality and purity.

GET DYMATIZED®

‡ WITH A FITNESS OR BODYBUILDING REGIMEN

20mm High Distortion Area Recommended Copy Free

Dymatize®

NET WT 5 LB (2.3 kg)

SOLD BY WEIGHT NOT VOLUME

*100% of the Protein from Whey Protein Isolate

Notice: Use this product as a Food Supplement only. Do not use for weight reduction.

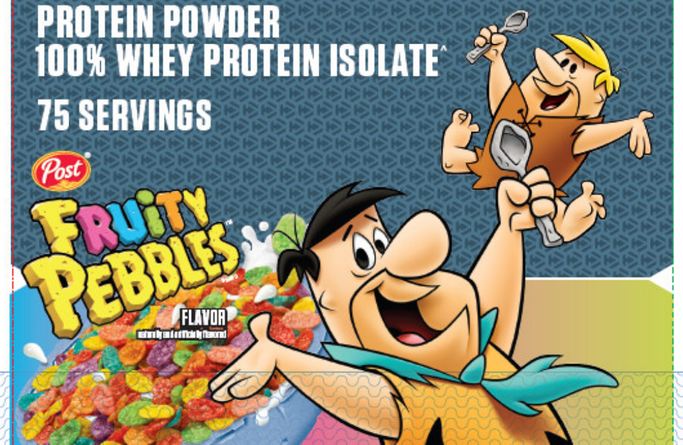
PROTEIN 25g | BCAAs 5.5g | LEUCINE 2.6g | INFORMED CHOICE BANNED SUBSTANCE TESTED

ISO100®

HYDROLYZED

PROTEIN POWDER 100% WHEY PROTEIN ISOLATE*

75 SERVINGS



Nutrition Facts

About 75 servings per container
Serving size 1 Scoop (30g)

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 120mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value 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: HYDROLYZED WHEY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE. LESS THAN 2% OF: NATURAL AND ARTIFICAL FLAVORS, EDIBLE GLITTER (GUM ARABIC, FD&C RED #3, FD&C RED #40, FD&C BLUE #1, FD&C YELLOW #5), SALT, SOY LECITHIN, SUCRALOSE, STEVIOL GLYCOSIDES (STEVIA).

CONTAINS: MILK AND SOY.

MANUFACTURED FOR AND DISTRIBUTED BY:
PREMIER NUTRITION
EMERYVILLE, CA 94608 USA
888-334-5326

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

STORE IN A COOL, DRY PLACE.

KEEP OUT OF REACH OF CHILDREN.

GLUTEN FREE

DIRECTIONS: Formulated for easy mixing. Add one scoop (included) to 5-6 fl. oz. (150-180ml) of water, milk or your favorite beverage and mix thoroughly. Enjoy prior to workouts, within 30 minutes after workouts or anytime you desire a high-quality, high-protein drink.

1 Scoop + 5-6 fl. oz. Water/Milk ⇒ Shake & Enjoy

TYPICAL AMINO ACID PROFILE**

25g TOTAL AMINO ACIDS PER SERVING

47%
ISOLEUCINE 1.4 g
VALINE 1.4 g
LEUCINE 2.6 g

53%
GLUTAMINE† 4.4 g

11.9 g EAAs

ESSENTIAL AMINO ACIDS

EAAs are necessary for supporting muscle and can only be consumed through diet. Includes BCAAs.

5.5 g BCAAs

BRANCHED CHAIN AMINO ACIDS 2:1:1 RATIO

Importance of Leucine: Leucine is the BCAA that is directly involved in activating Muscle Protein Synthesis.

13.4 g NON-EAAs

NON-ESSENTIAL AMINO ACIDS

Our bodies produce these amino acids naturally and they are beneficial for supporting muscle. Includes Conditionally Essential Amino Acids (CEAAs).

Importance of Glutamine: Supports muscle recovery after strenuous workouts.

For full amino acid profile, scan code or go to: Dymatize.com

** ALL AMINO ACIDS ARE NATURALLY OCCURRING IN PROTEIN. AMOUNTS ARE BASED ON ONE SERVING.

† INCLUDES GLUTAMIC ACID

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DYMATIZE.COM
INSPIRATIONS • RECIPES • TRAINING TIPS

Dymatize® BORN IN USA

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DYL3E00KUS0402

RECYCLABLE: ALUMINUM CAN, PLASTIC BOTTLE