

FOUNDATION is a low carb protein blend containing cold-processed undenatured whey protein concentrate (WPC) and milk protein isolate (MPI). WPC and MPI are high-biological value, complete proteins that have been demonstrated to digest easily, readily absorb into the body, and increase healthy skeletal muscle protein synthesis in response to resistance training.†

**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](http://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), PDE5 inhibitor, nitrates for chest pain, or any other medication. Immediately 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 6-8 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.



Notice: Use this product as a protein powder only. Do not use for weight reduction.

**ARMS RACE**  
NUTRITION

# FOUNDATION

## PROTEIN BLEND

**WHEY CONCENTRATE  
MILK PROTEIN ISOLATE  
DIGESTIVE ENZYMES  
GOURMET TASTE**

### CHOCOLATE LAVA CAKE

**25 SERVINGS • 32.0 OZ / 2 LBS**

PROTEIN POWDER • NATURALLY & ARTIFICIALLY FLAVORED



## Nutrition Facts

25 servings per container

**Serving Size** 1 scoop (37 g)

**Amount per serving**  
**Calories** 150

	% Daily Value*
<b>Total Fat</b> 4 g	5%
Saturated Fat 2 g	10%
Trans Fat 0 g	
<b>Cholesterol</b> 80 mg	27%
<b>Sodium</b> 70 mg	3%
<b>Total Carbohydrate</b> 5 g	2%
Total Sugars 3 g	
<b>Protein</b> 24 g	48%
Vitamin D 0 mcg	0%
Calcium 210 mg	16%
Iron 1 mg	6%
Potassium 200 mg	4%
Phosphorus 160 mg	13%
Magnesium 30mg	7%

\* 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. Not a significant source of dietary fiber or added sugars.

#### INGREDIENTS:

Cold-Processed Undenatured Whey Protein Concentrate, Milk Protein Isolate, Coconut Oil Blend (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Mono & Diglycerides, Dipotassium Phosphate and Sodium Silico Aluminate), Chocolate Sandwich Cookie Pieces (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamine Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Sugar, Palm and/or Canola Oil, Cocoa [processed with Alkali], High Fructose Corn Syrup, Leavening [Baking Soda and/or Calcium Phosphate], Salt, Soy Lecithin, Chocolate, Artificial Flavor), Cocoa Powder, Natural Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, DigeSEB™ (Digestive Enzyme Blend: Amylases, Lactase, Proteases, Lipase, Cellulase), Sunflower Lecithin

#### ALLERGEN INFORMATION:

Contains milk, tree nuts (coconut), and soy (lecithin). Processed in a facility that uses tree nuts, peanuts, soy, egg and wheat ingredients.

Manufactured in a U.S. cGMP Facility.  
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