



# BODY FORTRESS®

## 100% WHEY<sup>†</sup> PREMIUM PROTEIN

**BUILDS**  
MUSCLE MASS  
& STRENGTH<sup>‡</sup>

**BOOSTS**  
POST-WORKOUT  
RECOVERY<sup>‡</sup>

**SUPPORTS**  
DAILY  
IMMUNITY<sup>‡</sup>



### CHOCOLATE

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

**30g**  
PROTEIN<sup>††</sup>

**6g**  
BCAAs<sup>††</sup>

**3g**  
SUGAR<sup>††</sup>

CONTENTS  
CERTIFIED



† PER SCOOP

\* SEE NUTRITION INFORMATION  
FOR CHOLESTEROL AND  
SATURATED FAT CONTENT

† 100% OF PROTEIN FROM WHEY

PROTEIN SUPPLEMENT | NET WT. 1.78 lb. (28.4 oz.) (807 g)

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

## Supplement Facts

Serving Size	1 Scoop (45 g)	2 Scoops (90 g)
Servings Per Container	18	9
Amount Per Serving	%Daily Value	%Daily Value
Calories	180	360
Total Fat	4 g 5%***	8 g 10%***
Saturated Fat	2.5 g 13%***	5 g 25%***
Cholesterol	105 mg 35%	210 mg 70%
Total Carbohydrate	7 g 3%***	14 g 5%***
Dietary Fiber	1 g 4%***	2 g 7%***
Total Sugars	3 g ****	6 g ****
Protein	30 g 60%***	60 g 120%***
Calcium	140 mg 11%	280 mg 22%
Iron	1.1 mg 7%	2.3 mg 13%
Sodium	230 mg 10%	450 mg 20%
Potassium	310 mg 7%	630 mg 13%
Immune Support Blend		
Vitamin C	90 mg 100%	180 mg 200%
Vitamin D	25 mcg 125%	50 mcg 250%
Zinc	11 mg 100%	22 mg 200%

\*\*\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\*\*Daily Value not established

OTHER INGREDIENTS: SUPER WHEY PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), COCOA (PROCESSED WITH ALKALI), MALTODextrin, LECITHIN, NATURAL FLAVOR, SALT, CELLULOSE GUM, ASCORBIC ACID, ACESULFAME POTASSIUM, SUCRALOSE, ZINC OXIDE, VITAMIN D3.

CONTAINS MILK AND SOY INGREDIENTS.

Made in a facility that also processes peanuts, other tree nuts, egg, wheat, sesame, shellfish and fish.

Manufactured for  
1440 Foods Company  
New York, NY 10018 U.S.A.  
1-800-215-5980

Contains bioengineered food ingredients.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, 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.

Contents are sold by weight. Some settling may occur.

† 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.

## DIRECTIONS

Add one (1) scoop to 6–8 ounces or two (2) scoops to 12–16 ounces of your favorite beverage.



### STIR

Stir for 30 seconds or until well blended.



### SHAKE

Cover and shake for 30 seconds.



### BLEND

Cover and blend for 30 seconds.



### ONE SCOOP

For moderate goals & lean muscle<sup>‡</sup>



### TWO SCOOPS

For intense goals & big muscle gains<sup>‡</sup>

Use in conjunction with exercise and a balanced diet, including adequate caloric intake.



GLUTEN FREE



Made in the USA



PLEASE RECYCLE

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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