

DIRECTIONS FOR IRON WHEY™:

As a dietary supplement, mix one to two servings (1-2 scoops) of IRON WHEY™ with 8-12 fl. oz. of cold water. Vary the amount of water to achieve your desired consistency and taste. Consume 1-3 times a day. IRON WHEY™ can be taken immediately before and/or after your workout. To increase your protein intake per serving and achieve a delicious milkshake taste, use skim or low fat milk instead of water.

AMAZING TASTE, MIXES EASILY AND DIGESTS FAST!*

Proteins are essential, one of the human body's most important nutrients. As athletes exercise, their bodies require extra amino acids and protein—much more than people who are inactive. So athletes need to supplement with dietary protein.

ARNOLD IRON WHEY™ PROTEIN*

is a high-quality formula that delivers large amounts of those naturally-occurring amino acids the body needs daily. Regardless of age or physical activity level, whey protein is essential for every nutrition regimen because it is the body's catalyst for muscle growth and protein synthesis. Trade up to a purer, more superior protein supplement that will help fuel your workout performance while also maximizing recovery time.

REAL DOCTORS. REAL SCIENCE. REAL INNOVATION.*

When MusclePharm's world-renowned scientists teamed up with legendary fitness icon Arnold Schwarzenegger, they looked at how to bring a superior Whey protein to market. And they knew the answer was "more." Specifically, they needed a higher protein formula to enhance nitrogen retention because muscles can only grow if a body retains high amounts of nitrogen. One of the most effective nitrogen sources is whey protein. To fuel lean muscle development, our ultra-microfiltered whey protein delivers naturally-occurring anabolic amino acids directly to your bloodstream. This spike in aminos creates the nitrogen-rich environment needed for muscle protein synthesis, which is the key to building lean muscle.



ARNOLD.COM
BUILD YOUR LEGACY™

EXCLUSIVELY DEVELOPED
& MANUFACTURED FOR:

MUSCLEPHARM® CORP.
4721 Ironhan St. Suite A Denver, CO 80239 USA
MADE IN A cGMP CERTIFIED FACILITY
PACKAGED IN USA

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ARNOLD
SCHWARZENEGGER
— SERIES —

ARNOLD IRON WHEY™

ULTRA-MICROFILTERED WHEY PROTEIN

NEW!

**22 GRAMS,
HIGH QUALITY,
FAST DIGESTING***

- SUPPORTS MUSCLE RECOVERY & GROWTH*
- GREAT TASTING, HIGH PROTEIN FORMULA*
- MIXES EASY, GLUTEN FREE*

VANILLA
NATURAL & ARTIFICIAL FLAVORS



DIETARY SUPPLEMENT
NET WT. 2 lbs (908 g)

Supplement Facts

Servings Size: 32.4g (1 scoop)

Servings Per Container: 28 (908g/2lbs)

	Amount Per Serving	% DV*
Calories	120	
Calories From Fat	9	
Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	160 mg	7%
Potassium	160 mg	8%
Total Carbohydrate	6 g	5%
Dietary Fiber	0 g	
Sugar	2 g	
Protein	22 g	44%
Vitamin A	12.26 IU	0.41%
Vitamin C	0 mg	0%
Calcium	95 mg	9.5%
Iron	0.28 mg	2%

*Percent Daily Value Based on a 2,000 Calorie Diet

**Daily Value Not Established

Other Ingredients: Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Hydrolysate), Amino Matrix (L-Glycine, L-Taurine, BCAAs (Leucine, Iso-Leucine, Valine) , L-Glutamine), Natural and Artificial Flavors, Glucose Polymers, Suspension Matrix (Xanthan Gum, Cellulose Gum, Guar Gum), Flax Seed Oil, Sea Salt, Acesulfame Potassium, Sucralose, Enzyme (Lactase).

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts.

STORAGE CONDITIONS: Store in a cool dry place.

WARNING: This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

KEEP OUT OF REACH OF CHILDREN.

* 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.