

**MORE PROFESSIONAL
ATHLETES TRUST**



find out why at www.rivalus.net

LAST MEAL is a protein supplement for athletes taken before bed for a slow and steady release of amino acids and healthy fat sources.[†] **LAST MEAL** is nano-partitioned, a process where the product is both chilled and micro-filtered, preserving the macro nutrient profile and yielding exceptionally high bioactive protein fractions.[†]

MICELLAR CASEIN PROTEIN

Thicker and creamier than whey protein, micellar casein protein is a slow digesting protein which helps provide longer support for muscle growth and repair.[†]

RAW COCONUT

Essential oils to slowly break down while you sleep and will slow the breakdown of the casein protein, fueling your body for up to 8 hours.[†]

Warning: Consult a physician before using if you are unaware of your current health status, if you have a medical condition, or if you or your family has a medical history of cardiovascular disease, diabetes, psychological disorders, hormonal abnormalities, or if you are taking any prescription drug. Do not exceed maximum daily dosage. Do not use if safety seal is broken. Contains ingredients derived from milk. **KEEP OUT OF REACH OF CHILDREN.**

[†] These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent disease.

807156001666



Made in USA

Proudly manufactured in the USA by RIVALUS (A Nutrivo Company)

1785 Edgelawn Drive, Aurora, Illinois 60506 • More info: www.rivalus.net or call 1-800-620-4177



LAST MEAL™

ENRICHED NIGHTTIME PROTEIN

8 HOUR ANTICATABOLIC FORMULA
with

Micellar Casein • Milk Protein Isolate • Coconut Oil Powder



DARK CHOCOLATE

Net Weight: 32 oz (2 lbs)

29 SERVINGS

SLOW DIGESTING NIGHT TIME PROTEIN

LAST MEAL is ideal to take between meals or before bed to promote recovery and support optimal muscle growth.[†]

Coconut Oil Powder provides a healthy source of fats and MCTs (Medium Chain Triglycerides).

✓ **MICELLAR CASEIN**

✓ **MILK PROTEIN ISOLATE**

✓ **COCONUT OIL POWDER**



Ingredients: Last Meal Protein Blend (Micellar Casein, Milk Protein Isolate), Cocoa, Natural and Artificial Flavor, Coconut Oil Powder, Sucralose, Acesulfame Potassium, Salt, Stevia.

Recommended Use: Dr. Darren Burke (PhD) recommends 1 scoop at bedtime with 150-250 ml of milk. For best results use **LAST MEAL** every day and combine with exercise.[†]

Allergen Information: Contains milk and/or soy (lecithin) ingredients. Manufactured in a facility that processes peanuts and/or tree nuts.

Nutrition Facts

Serving Size 1 scoop (30.5 g)
Servings Per Container 29

Amount Per Serving

Calories 120 **Calories from Fat** 10

% Daily Value

Total Fat 1 g **2%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 15 mg **5%**

Sodium 160 mg **6%**

Total Carbohydrate 3 g **1%**

Dietary Fiber 0 g **0%**

Sugars 1 g

Protein 24 g

Vitamin A 0% • **Vitamin C** 0%

Calcium 50% • **Iron** 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2000 2500

Total Fat Less than 56 g 80 g

Saturated Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2400 mg 2400 mg

Total Carbohydrate 300 g 375 g

Dietary Fiber 25 g 30 g

Calories per gram:

Fat 9 • **Carbohydrate** 4 • **Protein** 4