

DIRECTIONS FOR USE

Add one level scoop to 8oz. of water, nonfat milk, or your favorite beverage. You can use more or less liquid to meet your desired taste and calorie needs. Shake well in a shaker until dissolved. Whey protein can be added to any food, including yogurt.

About Time® doesn't believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality AND great taste. In addition, we appreciate simplicity which is why our protein powder has 5 ingredients or less that you can actually pronounce.

About Time® is blended and packaged at our own facility in Pittsburgh, PA and we source our whey from dairy farms in the United States of America.



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@_TryAboutTime

ABOUTTIME®

ALL NATURAL

WHEY PROTEIN ISOLATE



No Artificial Sweeteners



Lactose Free



25g of Isolate Protein



Gluten Free



Only 100 Calories

UNFLAVORED

Net Wt. 2 lbs. (908g)

TYPICAL AMINO ACID PROFILE

	Amount/Serving
L-Alanine	1,240 mg
L-Arginine	566 mg
L-Aspartic Acid	2,616 mg
L-Cystine	701 mg
L-Glutamic Acid	4,611 mg
L-Glycine	431 mg
L-Histidine I	404 mg
L-Isoleucine II	1,510 mg
L-Leucine III	2,616 mg
L-Lysine I	2,616 mg
L-Methionine I	539 mg
L-Phenylalanine	782 mg
L-Proline	1,483 mg
L-Serine	996 mg
L-Tyrosine	728 mg
L-Tryptophan II	431 mg
L-Threonine I	1,645 mg
L-Valine II	1,240 mg

I Essential Amino Acids
II BCAAs
III The L-Tryptophan indicated is from naturally occurring sources of protein

Supplement Facts

Serving Size: 1 scoop (28.4g)
Servings per container: 32

Amount/Serving	
Calories 100	Calories from fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	**
Cholesterol 1mg	0%
Sodium 41mg	2%
Potassium 83mg	2%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	**
Protein 25g	50%
Vitamin A	0%
Vitamin C	0%
Calcium	25%
Iron	0%
Phosphorus	6%

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

INGREDIENTS:
Non-GMO Cold Processed Ultra Micro-filtered Whey Isolate.

ALLERGEN STATEMENT:
Produced in a facility that uses soy, peanut and egg ingredients. Contains Milk and Sunflower Lecithin.

**RICH IN BRANCH
CHAIN AMINO ACIDS**