

APEX 100% WHEY PROTEIN

IDEAL ON-THE-GO NUTRITION FOR ACTIVE LIFESTYLES

Whey protein is a naturally complete protein, meaning that it contains all of the essential amino acids required in the daily diet. It has the ideal combination of amino acids to help improve body composition and enhance athletic performance. Whey protein is a rich source of branched chain amino acids (BCAAs), containing the highest known levels of any natural food source. BCAAs are metabolized directly into muscle tissue and are the first ones used during periods of exercise and resistance training. Whey protein provides the body with BCAAs to replenish depleted levels and start repairing and rebuilding lean muscle tissue. Depending on your activity levels and your specific fitness goals, your protein requirements can vary.

FEATURES OF APEX FIT 100% WHEY PROTEIN:

- Delivers an extremely high biological value protein and ideal peptides for greater absorption and retention.
- Has a high content of BCAA (more than 50% of the essential amino acid content) needed for recovery and energy.
- Uses instantized whey for easy mixing.

› GREAT TASTE

Apex FIT 100% WHEY PROTEIN is a delicious high-protein drink. Just blend 1 scoop with 6–8 oz. of skim milk, water or juice for a smooth drink.

› BOOST YOUR PROTEIN

Looking to add protein without adding a lot of food volume or calories to your diet? Apex FIT 100% WHEY PROTEIN can help you increase your protein intake and keep your calories minimized. It tastes great alone or combined with other ingredients such as your favorite fruit.

› PERFECT FOR WORKOUTS

Designed for pre- and post-workouts, Apex FIT 100% WHEY PROTEIN can enhance your energy and recovery.

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

CHOCOLATE NATURALLY AND ARTIFICIALLY FLAVORED

apex

100% WHEY PROTEIN

PROTEIN

22g

SUGAR

1g

CARBS

3g

FAT

1g

CALORIES

110

- › BCAAs for Muscle Building and Repair
- › Low Sugar
- › No Artificial Colors

SEE NUTRITION FACTS
FOR COMPLETE DETAILS

NET WT 907g (2 LBS)

NUTRITION FACTS

Serving Size 1 scoop 29g
Servings Per Container 31

Amount Per Serving

Calories	110
Calories from fat	10

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 120mg	5%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	3%
Sugars 1g	
Protein 22g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	10%	•	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9	•	Carbohydrate 4	•	Protein 4
-------	---	----------------	---	-----------

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides), Cocoa (Processed with Alkali), Natural and Artificial Flavors, Lecithin, Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose.

CONTAINS: Milk and Soy.

DIRECTIONS: Mix 1 scoop with 6–8 oz. of cold water or milk. Shake, blend or stir until dissolved. For a rich milkshake effect, add crushed ice and/or your favorite fruit. Be creative, but count your calories.

USA ©2010 Manufactured Exclusively for
Apex Fitness Group
4035 E. Thousand Oaks Blvd., Ste 260
Westlake Village, CA 91362



APEX
FITNESS GROUP
www.myapex.com



8 43066 01085 5

**GUARANTEED
QUALITY**
Laboratory Tested