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

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.

VANILLA NATURALLY AND ARTIFICIALLY FLAVORED

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SUGAR	CARBS	FAT	CALORIES
19	39	19	110

> BCAAs for Muscle Building and Repair

) Low Sugar

No Artificial Colors

SEE NUTRITION FACTS FOR COMPLETE DETAILS

NUTRICN

Serving Size 1 scoop 28g Servings Per Container 32

Amount Per Serving	
Calories	110
Calories from fat	10
	% Daily Value*

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat Og	
Cholesterol 40mg	13%
Sodium 100mg	4%
Total Carbohydrate 3g	1%
Sugars 1g	
Protein 22g	

Vitamin A	0%	Vitamin C	0%
Calcium	100/	Iron	0%

Not a significant source of dietary fiber.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily

Turues may be highe	Calories:	2,000	2,500
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Calories	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg
		300g 25g	375g 30g
Calories per gram: Fat 9			Protein

Carbohydrate 4

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INGREDIENTS: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Peptides), Natural and Artificial Flavors, Lecithin, 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.

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