

NO FAKE STUFF. FREE FROM ARTIFICIAL FLAVORS, SWEETENERS, GLUTEN & SOY.

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Gnarly Recovery products are intended to be taken after exercise and activity.

	Superior Protein	Total Carbs	Dietary Fiber	Calories
Per 2 Scoops	25g	12g	4g	160
1 Scoop	12.5g	6g	2g	80

READ LITHO



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Directions & Use

Mix 2 scoops with 8-10oz of water (or your favorite shake base). Use Gnarly Whey immediately after workouts, as a nutritional boost before bed, or right after waking to help your body recover and build muscle.

All-Natural Whey

Derived from antibiotic-free, non-rBGH, grass-fed cow's milk, Gnarly Whey delivers healthy fats, omega-3 fatty acids and other nutritional essentials to support muscle synthesis and immune health — perfect for replenishing your body after training or a big day out.

Smooth, Delicious Taste

Naturally sweetened in two tasty flavors.

Pre- and Probiotics

Beneficial cultures that encourage immune health and overall wellness in your digestive tract.

Gnarly Digestive Blend

Increases protein absorption ensuring your body gets what it needs, when it needs it.

Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.



*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.

Use this product as a dietary supplement only. Do not use for weight reduction. If pregnant or nursing consult a healthcare professional before using this product.



GNARLY
SPORTS NUTRITION

Whey
Grass-fed Protein
Protein Supplement

Build, Nourish,
and Support Muscles*

VANILLA



NET WT 32.0oz (2.0 lbs) / 913g

Supplement Facts

Serving size 2 scoops (45g)
Servings per container 20

Amount Per Serving	% Daily Value**
Calories 160	
Calories from Fat 30	
Total Fat 3g	4%
Saturated Fat 3g	12%
Cholesterol 60mg	20%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 2g	†
Protein 25g	50%
Sodium 50mg	2%
Digestive Blend 58 mg	†
Amylase	1080 DU
Protease	348 PC
Lactase	234 ALU
Cellulase	64 CU
Lipase	11.6 FIP
Bioperine® (black pepper extract)‡ 2 mg	†
Lactospore® (<i>Bacillus coagulans</i> MTCC5856)‡ 480 million CFU	†
Aquamin® Red Algae (<i>Lithothamnium calcareum</i>) § 50mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Values not Established.

Other Ingredients: Whey Protein Concentrate, MCT Oil Powder, IMO (Isomalto-oligosaccharide), Non-Dairy Creamer (coconut creamer), Inulin & FOS (Fructo-oligosaccharides), Guar Gum, Natural Flavors (Vanilla), Sea Salt, Stevia (leaf) Extract (rebaudioside A), Natural Caramel Flavor, Calcium Silicate, Glucomannan, Citrus Bioflavonoid Complex

Contains: milk (whey protein), coconut.
‡ Bioperine® & Lactospore® are registered trademarks of the Sabinsa Corporation
§ Aquamin® is a trademark of Marigot Ltd.



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