

ALLERGY WARNING - Contains: Milk By-Products
Manufactured in a GMP Certified Facility

Nutritional Facts	
Serving Size: 1 round scoop (27g)	
Servings per Container: 21	
Amount Per Serving	% Daily Value
Calories	105
Calories From Fat	13
Total Fat	1.5 g 2%
Saturated Fat	0.5 g 4%
Trans Fat	0 g †
Cholesterol	51 mg 17%
Sodium	110 mg 5%
Total Carbohydrate	4 g 1%
Sugars	2 g †
Protein	18 g 36%
Fiber	1 g 4%
Calcium	89 mg 9%
Iron	0.8 mg 4%
Vitamin C	0.26 mg 4%
Ingredients (Non-GMO):	
New Zealand/Australian Protein Blend 27 g †	
(Concentrate, Isolate, Calcium Caseinate)	
Protease	200 mg †
Lactase	200 mg †

† Daily Value not established.

Amino Acid Profile	
Essential Amino Acids	
Isoleucine	1200 mg
Leucine	1980 mg
Lysine	1760 mg
Methionine	400 mg
Phenylalanine	640 mg
Threonine	1250 mg
Tryptophan	395 mg
Valine	1060 mg
Non Essential Amino Acids	
Histidine	309 mg
Alanine	978 mg
Arginine	543 mg
Aspartic Acid	2020 mg
Cysteine/Cystine	478 mg
Glutamic Acid	3170 mg
Glycine	369 mg
Proline	1100 mg
Serine	884 mg
Tyrosine	614 mg

Other Ingredients:
 New Zealand Whey/Australian Whey Protein (Concentrate, Isolate), Calcium Caseinate, Protease, Lactase, Inulin, Glucosamine, Natural Flavors, Stevia Leaf Extract, Lo-Han, Magnesium Stearate, Silicon Dioxide.



- NO SOY
- NO GLUTEN
- NO PESTICIDES
- NO SUCRALOSE
- NO SUGAR ADDED
- NO SUGAR ALCOHOLS
- NO CHEMICAL ADDITIVES
- NO HYDROLIZED PROTEINS

Only Protein
 Draper, UT 84020
 Made in the USA

© 2011 Only Protein
 All Rights Reserved
www.onlyprotein.com

18g
Protein

21
Servings



JUST ADD
TO 4-6 OZ
OF WATER



100% All Natural New Zealand Whey
PROTEIN POWDER

GLYCEMIC FRIENDLY ZERO GMO NO ARTIFICIAL SWEETENERS NO HORMONES NO ANTIBIOTICS

VANILLA

NET WT 1.25 LB/567 G



GLUTEN FREE

4G
BCAAs

3G
Glutamine

- Quick Muscle Feed
- Unique Tri-Protein Blend
- Highly Bio-Available
- Cellulose-Free Fiber
- No Artificial Sweeteners
- For those on the Go!



- Hormone/Antibiotic Free
- Tri-Protein for longer muscle feed
- Cellulose-free fiber
- No Artificial sweeteners
- Gluten and GMO free

Whether you are using ONLY PROTEIN for your pre workout, post workout, or helping to protect muscle through the night, ONLY PROTEIN has been formulated for a quick muscle feed as well as the extended muscle feed. We have also added cellulose free fiber to help with your daily fiber intake and to help you feel full. Protease has been added to help with protein metabolism and Lactase for those who are lactose intolerant. ONLY PROTEIN is a great way to start and finish your day, with low calories, carbohydrates and sugars. Mix with 4-6 ounces of water. Shake well until completely dissolved.



JUST ADD TO WATER

MIXES EASY AND TASTES GREAT!

BALANCED NUTRITION

It is common knowledge that it takes good nutrition and exercise to maintain or lose weight. ONLY PROTEIN meal replacement is a unique formula that is designed to help you with balanced nutrition. ONLY PROTEIN meal replacement is a highly bio-available Tri-Protein protein with vitamins, minerals, enzymes, and fiber, everything your body needs to maintain and build lean muscle. We have also added South Africa Hoodia, Carnatine, and Garcinia Cambogia, which research has shown to support metabolism of fat loss and lean muscle synthesis.

BREAKFAST IN A SCOOP

Breakfast is the most important meal of the day and yet many skip it. Research shows that skipping meals causes us to gain weight. Eating breakfast gets the metabolism going for the day. For those that feel there is no time, or are not breakfast eaters, ONLY PROTEIN is a great way to get your day started. Grab a water bottle add a scoop, shake and you are ready.

HIGH QUALITY INGREDIENTS

We only use the highest quality protein and ingredients in our products. ONLY PROTEIN contains no fillers, hydrogenated oils, hydrolyzed protein, or artificial sweeteners like aspartame, acesulfame potassium (ace-K), and sucralose. To maximize absorption we have added 200mg of Protease to ensure proper protein metabolism and 200mg of Lactase for those that are lactose intolerant. Cellulose free fiber has been added to help you meet your daily fiber needs. ONLY PROTEIN contains branch chain amino acids, including Isoleucine, Leucine and Valine.

HEALTHY AND CONVENIENT

Start using ONLY PROTEIN meal replacement as part of your training program to get in shape. It's also great before bedtime to strengthen and feed your muscles while you sleep. It mixes easily, and it's delicious, low-sugar formula is excellent for any low carb diet.



*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.