

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	103
Calories From Fat	11
Total Fat	1 g 1.5%
Saturated Fat	0.5 g 2.5%
Trans Fat	0 g †
Cholesterol	50 mg 16%
Sodium	104 mg 4%
Total Carbohydrate	5 g 1%
Sugars	2 g †
Protein	18 g 34%
Fiber	1 g 4%
Vitamin A	26 IU .5%
Biotin	150 mcg 50%
Vitamin C	0.26 mg .4%
Calcium	113 mg 11%
Iron	0.4 mg 2%
Vitamin D	3 IU .75%
Folic Acid	142 mcg 36%
Thiamin (B-1)	1.4 mg 93%
Riboflavin (B-2)	1.13 mg 66%
Niacinamide (B-3)	15.6 mg 78%
Pyridoxine (B-6)	1.12 mg 56%
Pantothenic Acid (B-5)	7.8 mg 78%
Vitamin B12	47.3 mg 783%

Ingredients (Non-GMO):

New Zealand/Australian Protein Blend 27 g †
(Concentrate, Isolate, Calcium Caseinate)
Proprietary Protein Blend 195 mg †
(Garcinia Cambogia, L-Carnitine, Hoodia Gordonii)
Protease 200 mg †
Lactase 200 mg †

† Daily Value not established.

Amino Acid Profile

Essential Amino Acids

Isoleucine	1170 mg
Leucine	1920 mg
Lysine	1660 mg
Methionine	390 mg
Phenylalanine	616 mg
Threonine	1200 mg
Tryptophan	377 mg
Valine	1030 mg

Non Essential Amino Acids

Histidine	328 mg
Alanine	928 mg
Arginine	499 mg
Aspartic Acid	1990 mg
Cysteine/Cystine	434 mg
Glutamic Acid	3150 mg
Glycine	359 mg
Proline	1030 mg
Serine	884 mg
Tyrosine	582 mg

Other Ingredients:

New Zealand Whey/Australian Whey Protein Concentrate, Isolate, Calcium Caseinate, Protease, Lactase, Inulin, Glucomannan, Natural Flavors, Stevia Leaf Extract, Lo Han, Magnesium Stearate, Silicon Dioxide.



ONLY PROTEIN

- 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

ONLY PROTEIN

100% All Natural New Zealand Whey MEAL REPLACEMENT

GLYCEMIC FRIENDLY ZERO GMO NO ARTIFICIAL SWEETENERS NO HORMONES NO ANTIBIOTICS

VANILLA

NET WT 1.25 LB/567 G



GLUTEN FREE

4.25G
BCAAs

3G
Glutamine

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



ONLY PROTEIN is a meal replacement with protein and nutrients for balanced nutrition. ONLY PROTEIN is fast and easy, no more skipping meals. Whether you are at the office, traveling or exercising, you can get what your body needs. ONLY PROTEIN was formulated for a quick muscle feed, as well as the extended muscle feed that is great for your pre-workout, postworkout, or helping to protect muscle through the night. We have also added cellulose-free fiber to help with your daily fiber intake and 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, low carbohydrates and low sugars. With ONLY PROTEIN you can reach your fitness goals. 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, Carnitine, 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.