

**PORTIONS
MASTER**

BUILD MUSCLE & SUPPORT METABOLISM*

PROTEIN

WHEY ISOLATE

CLEAN | FAST-DIGESTING | MICROFILTERED

23g

PROTEIN

100

CALORIES

1g

FAT

0g

ADDED SUGAR

<1g

CARBS

**CHOCOLATE
BROWNIE**

NOTICE: USE THIS PRODUCT AS A
FOOD SUPPLEMENT ONLY. DO NOT
USE FOR WEIGHT REDUCTION.

HOW TO USE

Portions Master® Whey Isolate is a premium Cold-processed Cross-Flow Microfiltered (CFM) protein supplement ideal for supporting metabolism and building muscle.*

CFM is a completely chemical-free premium manufacturing process that utilizes ceramic filters to remove lactose, fat and other undesired materials to isolate protein more effectively. CFM protein is superior in its protein per serving ratio and fast, easy digestion. It also possesses more calcium and less sodium than non CFM protein.

Heat damages protein. Our protein is protected through cold processing, a non destructive, low temperature method of processing that preserves and protects protein from damages so you get the most benefits.

Every delicious flavor can be added to your daily intake as follows:

Post-Workout: Replenish your body with the protein it needs to recover after training.*

Before Sleep: Rebuild while you sleep. Help prevent protein breakdown that naturally occurs when you sleep.

In-between Meals: Portions Master® Whey Isolate supports blood sugar levels already in the normal range, cravings, metabolism, and helps maintain energy levels*, making it an optimal choice anytime, day or night.

Balance Any Meal: Supplement any high-carb or high-fat meal with protein.

(Tip: Add a scoop of Portions Master® Whey Isolate to your favorite hot cereal).

MIXING INSTRUCTIONS

Add one level scoop to 8 fl. oz. of water or your favorite beverage. You may add more or less liquid depending on your personal preference. Shake well in a shaker bottle until dissolved or blended.

Keep out of reach of children. Avoid storing in excessive heat, light, and moisture. Produced in a facility that also processes soy, fish, shellfish, milk, peanuts, tree nuts, wheat, and eggs.



Supplement Facts

Serving Size 28.4 g (One Scoop)
Servings Per Container 32

	Amount Per Serving	% Daily Value
Calories	100	
Total fat	1 g	1%
Saturated fat	0.5 g	3%
Cholesterol	15 mg	5%
Total Carbohydrates	<1 g	0%
Dietary Fiber	<1 g	4%
Protein	23 g	
Calcium	80 mg	6%
Iron	0.7 mg	4%
Phosphorus	60 mg	5%
Magnesium	30 mg	7%
Sodium	60 mg	3%
Potassium	180 mg	4%
Caffeine	1.7 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Ingredients: Whey Protein Isolate, Cocoa Powder, Natural Flavoring, Xanthan Gum, Steviol Glycosides.
Contains Milk (Whey).

TYPICAL AMINO ACID PROFILE

	Amount/Serving		Amount/Serving
L-Alanine	1,185 mg	L-Lysine Δ	2,498 mg
L-Arginine	541 mg	L-Methionine Δ	515 mg
L-Aspartic Acid	2,498 mg	L-Phenylalanine	747 mg
L-Cystine	670 mg	L-Proline	1,416 mg
L-Glutamic Acid	4,404 mg	L-Serine	953 mg
L-Glycine	412 mg	L-Tyrosine	695 mg
L-Histidine Δ	386 mg	L-Tryptophan ΔΔΔ	412 mg
L-Isoleucine ΔΔ	1,442 mg	L-Threonine Δ	1,571 mg
L-Leucine ΔΔ	2,498 mg	L-Valine ΔΔ	1,185 mg

Δ Essential Amino Acids

ΔΔ BCAAs

ΔΔΔ The L-Tryptophan indicated is from naturally occurring sources of protein

**RICH IN
BRANCHED-CHAIN
AMINO ACIDS**

**PORTIONS
MASTER**



**MADE IN
U.S.A**

MANUFACTURED FOR & DISTRIBUTED
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