

UMP is considered a “must have” by natural physique athletes and other Beverly clients. They rely on its naturally balanced blend of high-quality proteins to help them recover from workouts, build and preserve lean muscle, and support healthy body weight.*

Why people like it:

- Hours of muscle-building support*: 90% of the protein in UMP is supplied by Milk Protein Isolate (MPI). Obtained from fresh skim milk, MPI contains a natural 80:20 blend of casein and whey protein that supports your muscles for hours at a time.*
- The lasting effects of UMP make it great for use at breakfast time, post-workout, before bed, etc.
- Rich, satisfying flavors and creamy mouthfeel make it a treat to eat.
- Stomach-friendly: Easy to digest. No gas or bloating.
- Can be added to shakes, smoothies, brownies, puddings, cookies, and more.

*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.

What other brand has been used by natural physique athletes since 1967? Decades of customer feedback have allowed Beverly International to fine-tune its formulas to perfection!

Sign up for our free print magazine, *No Nonsense* at www.BeverlyInternational.com



UMP

ULTIMATE MUSCLE PROTEIN
Sustained-Release Ultra-Premium MPI Blend
w/Natural 80:20 Casein:Whey Ratio

NATURALLY & ARTIFICIALLY FLAVORED

COOKIES & CREME

PROTEIN SHAKE MIX | DIETARY SUPPLEMENT
Use this product as a food supplement only. Do not use for weight reduction.

NET WT 32.8 OZ (2 LB 0.8 OZ) 930g

Supplement Facts

Serving Size 1 scoop (33g)
Servings Per Container about 28

	Amount Per Serving	% Daily Value
Calories	130	
Total Fat	3.5g	4%*
Saturated Fat	1g	5%*
Cholesterol	15mg	5%*
Total Carbohydrate	4g	1%*
Dietary Fiber	1g	4%*
Total Sugars	2g	†
Includes <1g Added Sugars		2%*
Protein	21g	42%*
Calcium	360mg	28%
Iron	0.4mg	2%
Magnesium (as magnesium citrate)	120mg	29%
Sodium (as sodium chloride)	240mg	10%
Potassium (as potassium citrate)	290mg	5%
Ultimate Protein System Blend	22.86g	†
Milk Protein Isolate, Calcium caseinate, Whey Protein concentrate, L-Arginine, L-Glutamine, L-Isoleucine, L- Leucine, L-Valine.		

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

REV. 2.1-23



Other ingredients: Sunflower Oil [high oleic sunflower oil, sodium caseinate, mono and diglycerides, potassium phosphate], Cookie Pieces (Enriched Flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], Sugar, Palm Oil, Cocoa processed with alkali, Corn Flour, Leavening [sodium bicarbonate, monocalcium phosphate], Salt, Sunflower Lecithin, Natural Flavors, Chocolate Liquor), Inulin, Natural and Artificial Flavors, Medium Chain Triglycerides, Modified Food Starch, Gum Arabic, Soy Lecithin, Acesulfame Potassium, Sucralose, Borage Oil

Contains: Milk, Soy (lecithin), Wheat

Manufactured For:
Beverly International Nutrition, Inc
Cold Spring, Ky 41076, USA
(800) 781-3475 www.Beverlyinternational.com

Important: Use this product as a dietary supplement only. Do not use for weight reduction or as your only source of calories.

Use: To make a delicious shake:

- Pour 8 oz of cold water into a blender or the container of your choice.
- Add 1 scoop of UMP and blend or mix until the texture is smooth or as you desire it.
- Drink and enjoy!
- For a thicker, sweeter shake, reduce the amount of water slightly. Adding 3-4 small ice cubes when blending will also increase thickness.
- For a thinner shake, add more water.

The best times to use UMP are:

- within 1 hour before and/or after lifting weights (resistance exercise)
- first thing in the morning or before bed
- any other time of day to increase your daily protein intake

100% MONEY-BACK GUARANTEE

If you're not 100% satisfied after using this product for 60 days, then we will refund your money. No questions asked.