X Blend 7 combines 7 different proteins to fuel your body for a full four hours. Proteins are digested at different rates. By combining different proteins you enjoy an immediate, medium and extended source of nutrition as your body breaks protein down into amino acids. X Blend 7 is rich in BCAAs and Essential Amino Acids and has Digestive Enzymes for maximum protein absorption.

X Blend 7 includes an ideal ratio of protein, complex carbohydrates and healthy oils to support extended time-release of amino acids.

Immediate Release: Whey Protein Isolate, Whey Concentrate and Glutamine Peptides are absorbed within 30 minutes after you consume them.

Medium Release: Egg Protein and Milk Protein Isolate fuels your body with amino acids for 11/2 hours (90 minutes). Egg is considered a perfect protein because it has the highest protein efficiency ratio.

Extended Release: Micellar Casein and Calcium Caseinate take much longer to digest. You get a full 4 hour release of amino acids. This makes these proteins ideal for appetite control.

DIRECTIONS: Mix 2 rounded scoops (44g) with 6-8oz of milk, water or your favorite beverage. Vary the amount of liquid for taste preference.

*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.







NUTRITION FACTS

Serving Size: 22g (1 Rounded Scoop) Servings Per Container: 30

Amount	

Amount per Serving	62 32 25 7	an arei	
Calories 200 Ca	lories from	Fat 50	
	% Daily Value*		
Total Fat	5.5 g	8%	
Saturated Fat	1.5 g	8%	
Trans Fat	0 g	096	
Cholesterol	60 mg	20%	
Sodium	160 mg	7%	
Potassium	220 mg	6%	
Total Carbohydra	ate 13 g	4%	
Dietary Fiber	5 g	20%	
Sugar	2 g		
Protein	24 g		
Vitamin A	0 10	0%	
Vitamin C	0 mg	096	
Calcium	150 mg	15%	
Iron	0.27 mg	296	

"Daily Values (DVs) are based on a 2,000 calorie diet. "Daily Values (DVs) not established

Naturally Occurring Amino Acids Per Serving

	Alanine	1128mg
١	Arginine	576mg
	Asportio Acid	2672mg
	Cystine	737mg
٠	Glutamic Acid	3892mg
	Giycins	438mg
	Histidine	415mg
	Isoleucine	1369mg
	Leucine	2372mg
	Lysine	1842mg
	Methionine	507mg
	Phonylatanina	806mg
	Proline	1336mg
	Serine	1128mg
	Threonine	1569mg
	Tryptophan	368mg
	Tyrouine	737mg
Ŀ	Valine	1128mg

ALLERGEN WARNING: This product contains whey derived from dairy and Lecithin (to improve product mixability) derived from soybeans Manufactured on equipment which mocesnes products containing milk eggs, soybeans, wheat, shelflish, fish oil, tree nuts, and peanut flavor

Other Ingredients: Protein blend consisting of Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Calcium Caseinate, Micellar Casein, Egg Whites, and Slutamine Peptides). Surflower Powder consisting of (Sunflower Oil, Maltodextrin Sodium Caseinate, Mono- & Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silicoaluminate, and topoghemial, Polydestrose, Natural & Artificial Flavors, MCT Powder consisting of Medium Chain Triglycerides, Nonfat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Cellulose Gurn, Natural Beet Powder (for Color), Sodium Chloride Sucrations, Acesulfares Potassium, Papain, Aminogen, and Soy Lecithin.



Phosphorous

Magnesium



100 ma

18 mg

