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.





BS



DIGESTIVE ENZYMES FOR ABSORPTION//4 HOUR PROTEIN RELEASE// 5G BCAA'S PER SERVING//BLEND OF 7 PROTEINS//MIXES INSTANTLY

## **NUTRITION FACTS**

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

Amount		

Iron

Phosphorous

Magnesium

Calories 200 Cal	ories from	Fat 50	
	% Daily Value*		
Total Fat	5.5 g	896	
Saturated Fat	1.5 g	8%	
Trans Fat	0.9	0%	
Cholesterol	60 mg	20%	
Sodium	160 mg	7%	
Potassium	220 mg	6%	
Total Carbohydra	te 13 g	4%	
Dietary Fiber	5.9	20%	
Sugar	2 g		
Protein	24 g		
Vitamin A	010	0%	
Vitamin C	0 mg	0%	
Calcium	150 mg	15%	

'Deily Yakres (DVs) are based on a 2,000 calone det. "Daily Values (DVs) not established

## **Naturally Occurring** Amino Acida Per Servina

Alanine	1128mg	
Arginine	579mg	
Aspartic Acid	2672mg	
Cystine	737mg	
Glutamic Acid	3892mg	
Glycine	438mg	
Histidine	415mg	
Isoleucine	1309mg	
Leucine	2372mg	
Lysine	1842mg	
Methionine	507mg	
Phonylalanine	BOtimg	
Proline	1336mg	
Serine	1128mg	
Throoning	1589mg	
Tryptophan	368mg	
Tyrosine	737mg	
Valine	1128mg	

ALLERGEN WARNING: This product contains whey derived from dairy and Lecithin (to improve product mixability) derived from saybeans. Manufactured on equipment which rocesses 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 Glutamine Peptides). Sunflower Powder consisting of (Sunflower Oil, Maltodextrin Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate, Soy Lecithin Sodium Silicoaluminate, and tocopherols), Polydestrose, Natural & Artificial Flavore, MCT Powder consisting of (Medium Chain Triglycerides, Norfat Dry Milk, Disodium Phosphate, and Silicon Dioxidel, Cellulose Gum, Sodium Chloride, Sucralose, Acesulfame Potassium, Papain, Aminogen, and Soy Lecithin





0.27 mg

100 mg

18 mg



DIETARY SUPPLEMENT//NET WT. 3LBS