

Athletes Whey 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. **Athletes Whey** is rich in BCAAs and Essential Amino Acids and has Digestive Enzymes for maximum protein absorption.

Athletes Whey 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 1 1/2 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 1 rounded scoop with 4-6oz 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.

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SPORTS NUTRITION
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ATHLETES WHEY

CHOCOLATE

RAPID ABSORPTION
5G BCAA PER SCOOP
LEAN MUSCLE GROWTH
3G GLUTAMINE PER SCOOP

DIETARY SUPPLEMENT / NET WT. 5LBS

NUTRITION FACTS

Serving Size: 32g Net Weight: 2,270g
Servings Per Container: 71

Amount per Serving	% Daily Value*
Calories	130
Calories from Fat	25
Total Fat	2.5 g 4%*
Cholesterol	30 mg 10%
Total Carbohydrate	5 g 2%*
Dietary Fiber	1 g 4%*
Sugar	2 g **
Protein	23 g 46%*
Calcium	167 mg 17%
Iron	1 mg 6%
Sodium	15 mg 1%

Naturally Occurring Amino Acids Per Serving

Alanine	1,620 mg
Arginine	673 mg
Aspartic Acid	2,594 mg
Cystine	482 mg
Glutamic Acid	3,261 mg
Glycine	423 mg
Histidine	510 mg
Isoleucine	1,366 mg
Leucine	2,455 mg
Lysine	2,080 mg
Methionine	497 mg
Phenylalanine	753 mg
Proline	1,329 mg
Serine	1,329 mg
Threonine	1,787 mg
Tryptophan	381 mg
Tyrosine	600 mg
Valine	1,289 mg

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

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

Ingredients: Proprietary Protein Blend (Triple-Filtered Cold-Processed Whey Protein Concentrate, Milk Protein Concentrate, Whey Protein Isolate), Recovery Amino Acid Blend, Cocoa processed with Alkali, Natural and Artificial Flavor, Red Beet Powder, Sucralose.

