



Supplement Facts		
Serving Size:		44 g
Servings Per Packet:		1
Amount Per Serving	% Daily Value**	
Calories	176	
Calories from Fat	36	
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Trans Fat	0 g	†
Monounsaturated Fat	3 g	13%
Cholesterol	24 mg	8%
Sodium	122 mg	5%
Potassium	370 mg	11%
Total Carbohydrate	10 g	3%
Dietary Fiber	4 g	16%
Sugars	1 g	†
Protein	25 g	50%
Vitamin A	14 IU	0%
Vitamin C	0.1 mg	0%
Calcium	87 mg	9%
Iron	0.3 mg	2%

† Daily Value not established.

** Percent Daily Values are based on a 2,000 calorie diet. Not a significant source of Vitamin A, Vitamin C and Iron.

Amino Acid Profile	
per serving 44 g	
Essential Amino Acids (EAA)	
Branched-Chain Amino Acids (BCAA)	
L-Leucine	2859 mg
L-Valine	1131 mg
L-Isoleucine	1148 mg
L-Lysine	1588 mg
L-Methionine	599 mg
L-Phenylalanine	836 mg
L-Threonine	1126 mg
L-Tryptophan	489 mg
L-Alanine	913 mg
L-Arginine	661 mg
L-Aspartic Acid	1723 mg
L-Cysteine	548 mg
L-Glutamine	3085 mg
L-Glycine	2220 mg
L-Histidine	580 mg
L-Proline	1305 mg
L-Serine	980 mg
L-Taurine	2400 mg
L-Tyrosine	809 mg
TOTAL	25,000 mg

SUGGESTED USE: Blend, Mix or Shake entire of water or

Protein value calculated on "as dry basis"

Total protein yield, as performed by lab analysis, includes amino acid content.