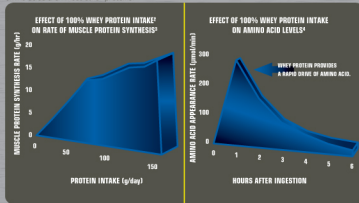


THE SCIENCE BEHIND THE SIZE:

- **PRODUCT:** A superior blend of high quality, bioavailable 100% Whey Proteins: WPC and WPI. A premier concentrate that is 100% instantized, quick dissolving and easy-to-mix with a rich, refreshing taste.
- **RESULT:** Stimulates muscle protein anabolism, which maximizes muscle growth that occurs after exercise, by enhancing muscle building and lean tissue mass.* Also, increases muscle performance and improves post-workout recovery.*
- **SCIENCE:** Clinical studies show that 100% whey protein is one of the most anabolic muscle building proteins available, providing a rapid drive of amino acids to skeletal muscle tissue, thereby increasing the anabolic effects of weight training.* Enhanced muscle protein anabolism increases muscle growth, to maximize gains.* Research also shows that 100% whey protein has one of the highest protein qualities of all proteins¹, and has one of the highest Protein Efficiency Ratios, providing more amino acids than most other proteins.



¹ As measured by the Protein Digestibility-Corrected Amino Acid Score.

² Based on physically active 70 kg (154 lb) person.

³ Adapted from Lemon PWR. Effect of Exercise on Dietary Protein Requirements. Int. J. Sport Nutrition (1996) 6:425-447.

⁴ Based on 70 kg (154 lb) person and adapted from Rossie T. et al. Slow and Fast Dietary Protein Differently Modulate Postprandial Protein Accretion. Proc. Natl. Acad. Sci. USA (1997) 94:14930-14935.

*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.

TWINLAB®

100% WHEY PROTEIN FUEL®

50g PROTEIN! (2 SERVINGS)

BEST TASTING...COMPARE!

100% INSTANTIZED, QUICK DISSOLVING
STIMULATES MUSCLE GROWTH AND IMPROVES POST-WORKOUT RECOVERY*

Mass

DIETARY SUPPLEMENT
NET WT 2 LBS (907 g)



STRAWBERRY SMASH
Natural and Artificial Flavors

Supplement Facts

Serving Size 1 Scoop (34 g)
Servings Per Container 26

	Amount Per Serving	% DV**		Amount Per Serving	% DV**
Calories	130		L-Alanine	1,290 mg	†
Calories from Fat	20		L-Arginine	600 mg	†
Total Fat	2 g	3%	L-Aspartic Acid	3,320 mg	†
Saturated Fat	1.5 g	7%	L-Cystine	720 mg	†
Trans Fat	0 g	†	L-Glutamic Acid	4,660 mg	†
Cholesterol	55 mg	16%	Glycine	460 mg	†
Total Carbohydrate	3 g	1%	L-Histidine	470 mg	†
Sugars	2 g	†	L-Isoleucine	1,610 mg	†
Protein	25 g	50%	L-Leucine	2,660 mg	†
Vitamin A	35 IU	1%	L-Lysine	2,180 mg	†
Calcium	200 mg	26%	L-Methionine	620 mg	†
Iron	1 mg	3%	L-Phenylalanine	840 mg	†
Phosphorus	56 mg	6%	L-Proline	1,600 mg	†
Magnesium	25 mg	6%	L-Serine	1,290 mg	†
Sodium	70 mg	3%	L-Threonine	1,610 mg	†
Potassium	140 mg	4%	L-Tryptophan	560 mg	†
L-Alanine	1,290 mg	†	L-Tyrosine	770 mg	†
			L-Valine	1,480 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Ingredients: Whey protein concentrate and isolate from milk, bestroot, strawberry flavor, guar gum, acesulfame potassium, sucralose, soy lecithin.

Contains milk and soy ingredients. Produced in a facility that also processes egg, tree nut, peanut, wheat, fish and shellfish ingredients.

Directions: Add 1 scoop to 8 fl. oz. of cold water or 2 scoops to 12 fl. oz. of cold water. Consume 1-2 servings daily. For best results, use as part of a proper diet and exercise program.

TYPICAL AMINO ACID PROFILE PER SERVING					
L-Alanine	1,290 mg	L-Histidine	470 mg	L-Proline	1,600 mg
L-Arginine	600 mg	L-Isoleucine (BCAA) ††	1,610 mg	L-Serine	1,290 mg
L-Aspartic Acid	3,320 mg	L-Leucine (BCAA) ††	2,660 mg	L-Threonine ††	1,610 mg
L-Cystine	720 mg	L-Lysine ††	2,180 mg	L-Tryptophan ††	560 mg
L-Glutamic Acid	4,660 mg	L-Methionine ††	620 mg	L-Tyrosine	770 mg
Glycine	460 mg	L-Phenylalanine ††	840 mg	L-Valine (BCAA) ††	1,480 mg

†† Essential Amino Acids ‡ Naturally Occurring. Not added or manufactured.

WARNING: Do not use if pregnant or nursing. Consult a health care professional before use if you are taking any medication or have any medical condition. **KEEP OUT OF REACH OF CHILDREN**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

Best if used by date shown on container.

MANUFACTURED BY: IDEASPHERE INC.
AMERICAN FORK, UT 84003 1-800-645-5526

