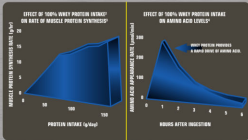


## THE SCIENCE BEHIND THE SIZE:

- 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.<sup>1</sup> Also, increases muscle performance and improves post-workout recovery.<sup>2</sup>
- 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 proteins<sup>3</sup>, and has one of the highest Protein Efficiency Ratios, providing more amino acids than most other proteins.



<sup>1</sup> As measured by the Protein Digestibility Corrected Amino Acid Score.

<sup>2</sup> Based on physically active 70 kg/154 lb men.

<sup>3</sup> Adapted from Larsson PM, Effect of Exercise on Dietary Protein Requirements, Int. J Sport Nutrition 1999; 9:429-447.

<sup>4</sup> Based on 70 kg/154 lb person and adapted from Sothi Y, et al. Slow and Fast Dietary Proteins 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<sup>4</sup>

Mass

DIETARY SUPPLEMENT

NET WT 2 LBS (907 g)



VANILLA SLAM

Natural and Artificial Flavors

## Supplement Facts

Serving Size 1 Scoop (33 g)  
Servings Per Container 27

| Amount Per Serving |          | %DV* | Amount Per Serving |          | %DV* |
|--------------------|----------|------|--------------------|----------|------|
| Calories           | 130      |      | L-Alanine          | 600 mg   | †    |
| Calories from Fat  | 15       |      | L-Aspartic Acid    | 1,300 mg | †    |
| Total Fat          | 2g       | 2%   | L-Cysteine         | 720 mg   | †    |
| Saturated Fat      | 1g       | 5%   | L-Glutamic Acid    | 4,660 mg | †    |
| Trans Fat          | 0g       | †    | Glycine            | 480 mg   | †    |
| Cholesterol        | 60 mg    | 21%  | L-Histidine        | 470 mg   | †    |
| Total Carbohydrate | 4g       | 1%   | L-Isoleucine       | 1,610 mg | †    |
| Sugars             | 1.5g     | †    | L-Leucine          | 2,650 mg | †    |
| Protein            | 25g      | 50%  | L-Lysine           | 2,180 mg | †    |
| Vitamin A          | 100 IU   | 2%   | L-Methionine       | 600 mg   | †    |
| Calcium            | 175 mg   | 14%  | L-Phenylalanine    | 640 mg   | †    |
| Iron               | 0.4 mg   | 2%   | L-Proline          | 1,600 mg | †    |
| Phosphorus         | 95 mg    | 18%  | L-Serine           | 1,290 mg | †    |
| Magnesium          | 30 mg    | 3%   | L-Threonine        | 1,610 mg | †    |
| Sodium             | 60 mg    | 2%   | L-Tryptophan       | 560 mg   | †    |
| Potassium          | 165 mg   | 3%   | L-Tyrosine         | 770 mg   | †    |
| L-Alanine          | 1,290 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), vanilla flavor, guar gum, succinate potassium, succinic acid, soy lecithin.

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

**Directions:** As a dietary supplement, 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-Asparagine    | 600 mg   | L-Isoleucine (BCAA)† | 1,610 mg | L-Serine         | 1,290 mg |
| L-Aspartic Acid | 1,300 mg | L-Leucine (BCAA)†    | 2,650 mg | L-Threonine†     | 1,610 mg |
| L-Cysteine      | 720 mg   | L-Lysine†            | 2,180 mg | L-Tryptophan†    | 560 mg   |
| L-Glutamic Acid | 4,660 mg | L-Methionine†        | 600 mg   | L-Tyrosine       | 770 mg   |
| Glycine         | 480 mg   | L-Phenylalanine†     | 640 mg   | L-Valine (BCAA)† | 1,480 mg |

†† Essential Amino Acids ‡ Naturally Occurring, but added or manufactured.

**WARNING:** Do not use if pregnant or nursing. Consult a physician 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 FOR: MEGASPORT INC.,  
JAN HICMAN FARM, UT 84033  
1-800-645-0620

