

Directions: As a dietary supplement, add one level scoop (25.1 grams) of Flax-N-Whey™ to a 4-6oz glass of water, milk, juice or blend with yogurt and fruit. When mixing, add liquid first, then powder and stir briskly until completely dispersed. **Low Carbohydrate Diet (Weight Management Program):** Recommended 1 scoop daily for those trying to increase their dietary protein intake while decreasing intake of carbohydrates.

Meeting Nutritional Needs

Americans have an increasingly segmented life, which makes meeting nutritional needs difficult, at best. Modifying or supplementing the diet to compensate for the on-the-go, convenience foods is a REALISTIC solution. Low Carb Diets, Food Supplements and Fiber additives to food or juice are balancing mechanisms used to meet these needs. Women and men are recognizing the associated health benefits (weight loss, cardiovascular and immune health, etc.) with these additions to their diet but are overwhelmed by "HOW!?"

Omega Superfood

Flax-N-Whey™ is the perfect insurance policy for SAD (Standard American Diet). SAD (as reflected by NHANES† data) is considerably lower in Omega-3 fatty acids than U.S. Health Experts recommend. This specialized form of "good fat" offers a wide array of health benefits. Research shows the consumption of Omega-3 fatty acids (ALA, EPA and DHA) may help reduce the risk of coronary heart disease while improving cell communication and function!***

MRM's Flax-N-Whey™ contains a soluble flaxseed meal from a gentle, patented process that prevents the breakdown of its beneficial fatty acids. Stability of these essential fats is maintained by an array of natural antioxidants found in flaxseed which act synergistically to protect these precious oils. This results in delivery of 600 milligrams of Alpha-Linolenic Acid, along with heart healthy lignans, antioxidants and fiber per serving in a whole food complex.**

Special Processing and Blend

Flax-N-Whey™ delivers the optimal source of whey protein by combining an ultrafiltered, low temperature processed whey protein concentrate with cross flow microfiltered whey protein isolate. This protein blend provides a non-denatured whey protein source for increased protein retention and biological activity. **Flax-N-Whey™** is also remarkably high in branched chain amino acids (BCAAs), which are the most required amino acids for maintaining lean muscle mass during dieting or protracted periods of "in-between" meals.

Enhancing Your Immune System

Regardless of ones lifestyle daily stress negatively impacts our immune system and our ability to remain healthy. Whey protein consumption has been shown to build our immune system by increasing glutathione concentrations, a major antioxidant necessary for lymphocyte proliferation (white blood cell growth).***

†National Health and Nutrition Examination Survey

**This statement has 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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Lot #: (See Bottom)
Best if used by: (See Bottom)

Formulated by & Manufactured for:
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0514V001



NATURAL

Flax-N-Whey™

- HORMONE FREE AND BSE FREE •
- HIGH BIOLOGICAL VALUE (BV) PROTEIN •
- NO ARTIFICIAL FLAVORS OR SWEETENERS •



FITNESS**



RECOVERY**



HEART**



GLUTEN-FREE

VANILLA

DIETARY SUPPLEMENT
NET WT 1.99LBS (904G)

MIXES INSTANTLY
36 SERVINGS

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Supplement Facts

Serving Size 1 Scoop (approx. 25.1 grams)
Servings Per Container - 36

Amount Per Serving	% Daily Value*	
Calories	100	
Calories from Fat	20	
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	†
Cholesterol	20mg	7%
Sodium	40mg	2%
Potassium	130mg	4%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Sugars	2g	†
Protein	17g	34%
Alpha-Linolenic Acid	600mg	†

Vitamin A <2% • Vitamin C <1%
Calcium 14% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Ingredients: NAT-PRO OPTIMIZER [Ultrafiltered, Low Temperature Processed Whey Protein Concentrate (milk), Crossflow Microfiltered Whey Protein Isolate (milk), L-Glutamine, Soy Lecithin & Digest-ALL® AP (a vegan enzyme blend)], Milled Flaxseed, Natural Vanilla Flavor, TreLEAFia™ (Stevia Leaf Extract, Trehalose, and Monk Fruit Extract), Carrageenan and Salt.

Contains NO peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

Contains milk and soy.
Contains less than 1% soy lecithin.

This product is manufactured in a facility that produces other products and may contain trace amounts of egg.

Typical Amino Acid Profile Per 25.1g Scoop

Alanine	800mg
Arginine	400mg
Aspartic Acid	1910mg
Cysteine	220mg
Glutamic Acid	3000mg
L-Glutamine	1000mg
Glycine	400mg
Histidine	250mg
Isoleucine	1110mg
Leucine	1630mg
Lysine	1540mg
Methionine	330mg
Phenylalanine	530mg
Proline	1070mg
Serine	910mg
Threonine	1040mg
Tryptophan	380mg
Tyrosine	440mg
Valine	1040mg

The Protein Blend in Flax-N-Whey™ contains the following supportive immunofactors:

48-52% beta-lactoglobulin
18-22% alpha-lactoglobulin
20-22% glyco-macro-peptide
2% immunoglobulins
0.5-1% lactoferrin

- No Added MSG
- No Aspartame or Acesulfame K

TreLEAFia™
SWEETNESS BY NATURE



Please Recycle