

Directions: Add one level scoop (26.3g) to 3-4 ounces of water, milk, your favorite beverage, 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
Most of us have an increasingly hectic lifestyle, which makes meeting nutritional needs more and more difficult. Getting the recommended daily amount of fruits is vital to providing your body with potent antioxidants to counteract free radicals and prevent the damage they inevitably produce. Equally important is maintaining proper protein intake throughout the day to maintain optimal metabolic function.

Antioxidants Are Exceptional
Everyday stress, environmental pollutants, natural metabolic processes and exercise generate different types of free radicals. Oxidation occurs when these unstable free radicals, in an attempt to gain stability, damage cells by stripping electrons away from properly functioning cellular components such as lipid membranes, DNA, RNA, and proteins. These transactions only transfer the instability to these components creating a new free radical and starting a chain reactionantioxidants are exceptional molecules that can effectively halt this destructive chain reaction.

Variety of Antioxidant Protection
MRM's BeneFruit Blend combines the vitality of 10 fruits all known to be packed with an assortment of antioxidants to provide a broad spectrum of antioxidant protection. The Oxygen Radical Absorbance Capacity (ORAC) assay demonstrates the total antioxidant power of a sample, with the USDA and research recommending a daily intake between 3,000 and 5,000 units. **Fruit-N-Whey™** delivers over 3500 ORAC units per serving of natural potent antioxidants.

Special Processing and Blend
Fruit-N-Whey™ provides the optimal source of whey protein by combining an ultrafiltered, low temperature processed whey protein concentrate with crossflow microfiltered whey protein isolate. These specialized processing systems provide a High Biological Value (HBV) in the form of short and long chain peptides to increase protein retention. **Fruit-N-Whey™** is also remarkably high in branched chain amino acids (BCAAs), which are the most required amino acids for maintaining metabolic rate (energy) especially during dieting or periods of "in between" meals.**

Enhancing Your Immune System
Regardless of your lifestyle daily stress negatively impacts your immune system. Whey protein consumption has been shown to build your immune system by increasing glutathione concentrations, a major antioxidant necessary for lymphocyte proliferation (white blood cell growth).**

****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:
MRM
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Oceanside, CA 92056 USA
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0514V001



NATURAL

Fruit-N-Whey™

- NATURAL ANTIOXIDANTS •
- HIGH ORAC VALUE •
- 18 GRAMS OF PROTEIN PER SERVING •
- NO ARTIFICIAL FLAVORS OR SWEETENERS •



FITNESS**



RECOVERY**



ANITOXIDANT**



GLUTEN-FREE



MIXED BERRIES

DIETARY SUPPLEMENT
NET WT 2.03LBS (921G)

MIXES INSTANTLY
35 SERVINGS

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Supplement Facts

Serving Size 1 Scoop (approx. 26.3 grams)
Servings Per Container - 35

Amount Per Serving	% Daily Value*	
Calories	90	
Calories from Fat	10	
Total Fat	1g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	†
Cholesterol	20mg	7%
Sodium	40mg	2%
Potassium	130mg	4%
Total Carbohydrates	2g	<1%
Dietary Fiber	0g	0%
Sugars	1.5g**	†
Protein	18g	36%

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

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

****NO SUGARS ADDED.** Sugars naturally occur in Whey Proteins and natural flavoring.

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)], **BeneFruit Blend™** [Freeze Dried Blueberries, Freeze Dried Strawberries, Grape Skin and Seed Extract Powder, Pomegranate Extract, Blueberry Extract, Chokeberry Extract, Mangosteen Extract, Cranberry Extract, Goji Berry Extract, Apple Extract, Bilberry Extract], Natural Berry Flavors, TreLEAFia™ [Stevia Leaf Extract, Trehalose, and Monk Fruit Extract], Carrageenan & Salt.

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

Contains milk, soy and fish oil.
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 26.3g 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 Fruit-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

