

Supplement Facts

Serving Size 1 Scoop (33g) Servings Per Container ~21

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	126	Thiamin (as mononitrate)	740mcg 49%
Calories From Fat	18	Riboflavin	850mcg 50%
Total Fat	2g 3%*	Niacin (as niacinamide)	10mg 50%
Saturated Fat	1g 5%*	Vitamin B6 (as pyridoxine HCl)	1mg 50%
Cholesterol	44mg 15%*	Vitamin B12 (as cyanocobalamin)	3mcg 50%
Total Carbohydrates	3g 1%*	Biotin	75mcg 25%
Sugars	1g **	Calcium (as lactate)	245mg 25%
Protein	24g 48%*	Iron	1.2mg 7%
Vitamin A (as acetate)	2500IU 50%	Magnesium (as oxide)	100mg 25%
Vitamin C (as ascorbic acid)	30mg 50%	Sodium	59mg 2%*
Vitamin D (as cholecalciferol)	200IU 50%		

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Values (DV) are not established.

OTHER INGREDIENTS: Universal's Premium Protein Blend [consisting of whey protein concentrate (milk), egg white albumin, calcium caseinate, sodium caseinate, and non-fat dry milk], natural and artificial flavor, lecithin (soy), acesulfame k, sucralose. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: Mix 1-2 level scoops in a blender with 12 ounces of your favorite beverage. Intense training requires a daily intake of about 1g of protein per 2.2 pounds of body weight.

WARNING: This product is not for use by anyone under the age of 18. Do not take this if you have or are at risk for any medical condition or disease. Please consult with a physician before using this product, especially if you are using any prescription drug, over-the-counter medication, or supplements. Immediately discontinue use if any side effects occur. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Keep out of reach of children. Athletes should consult with their sanctioning authority before use. Do not exceed recommended dose.

*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.

Typical Amino Acid Profile	Grams of amino acids in 24g of pure protein.		
ESSENTIAL AMINO ACIDS		NON-ESSENTIAL AMINO ACIDS	
L-Leucine (branched chain)	2017 mg **	L-Arginine††	889 mg **
L-Isoleucine (branched chain)	1320 mg **	L-Cysteine	72 mg **
L-Valine (branched chain)	1583 mg **	L-Alanine	662 mg **
L-Lysine	1776 mg **	L-Aspartic Acid	1512 mg **
L-Threonine	1079 mg **	L-Glutamic Acid	4701 mg **
L-Methionine	603 mg **	L-Glycine	551 mg **
L-Phenylalanine	1176 mg **	L-Proline	2447 mg **
L-Tryptophan†	372 mg **	L-Serine	1374 mg **
L-Histidine	675 mg **	L-Tyrosine	1402 mg **

† The L-Tryptophan in this product is naturally occurring in the protein. It is not added or manufactured.

†† Conditionally essential amino acid. The amino acids in this product are naturally occurring from the protein source. They are not added or manufactured.

MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:



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MILK & EGG™

CHOCOLATE FLAVOR

Sustained Release Protein Supplement

Net Wt 1.5 lb (682 g)

Classic Combo of Two Superior Proteins | Enriched Protein Blend For Muscle Growth

E2513-0-31434

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Universal's premium Milk & Egg Protein™ offers you the most advanced, highest quality protein formula available. Designed for serious bodybuilders and competitive athletes, this cutting-edge, low-fat formula gives you high-value protein and essential nutrients - for fueling gains of solid muscle mass. Universal's Milk & Egg Protein™ is formulated from carefully selected high-quality, premium protein sources (including calcium caseinate, lactalbumin, and egg white albumin). Milk & Egg Protein™ is loaded with essential vitamins, minerals and electrolytes. No other formula gives you so much to supplement your training and optimize performance. Plus Universal's Milk & Egg Protein™ contributes greatly to the promotion of a positive nitrogen balance within your body. As a great-tasting shake, Universal's Milk & Egg Protein™ is formulated to be easily-digestible and readily-utilized by your body. To optimize your gains and prevent catabolic effects schedule protein feedings every three hours.* **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.

