

MILK & EGG PROTEIN



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Supplement Facts

Serving Size 1 Scoop (33g) Servings Per Container ~41

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	126	Vitamin D (as cholecalciferol)	200IU 50%
Calories From Fat	18	Thiamin (as mononitrate)	740mcg 49%
Total Fat	2g 3%*	Riboflavin	850mcg 50%
Saturated Fat	1g 5%*	Niacin (as niacinamide)	10mg 50%
Cholesterol	59mg 20%*	Vitamin B6 (as pyridoxine HCl)	1mg 50%
Total Carbohydrates	3g 1%*	Vitamin B12 (as cyanocobalamin)	3mcg 50%
Sugars	1g **	Biotin	75mcg 25%
Protein	24g 48%*	Calcium (as lactate)	245mg 25%
Vitamin A (as acetate)	2500IU 50%	Iron	.5mg 3%
Vitamin C (as ascorbic acid)	30mg 50%	Magnesium (as oxide)	100mg 25%
		Sodium	59mg 2%*

* Percent Daily Values are based on a 2,000 calorie diet. **Daily Value (DV) 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 flavors and artificial flavors, lecithin (soy), acesulfame K, sucralose. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSSAGE: 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 any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recurrent headaches, glaucoma, difficulty urinating, prostate enlargement, seizure disorder, high blood pressure, high cholesterol, arthritis, heart disease, stroke, are pregnant, or are suffering from any inflammatory diseases. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

This dietary supplement should not replace healthy diet and healthy lifestyle.

*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)	L-Arginine†† 889 mg
L-Isoleucine (branched chain)	L-Cysteine 72 mg
L-Valine (branched chain)	L-Alanine 663 mg
L-Lysine	L-Aspartic Acid 1512 mg
L-Threonine	L-Glutamic Acid 4701 mg
L-Methionine	L-Glycine 551 mg
L-Phenylalanine	L-Proline 2447 mg
L-Tryptophan†	L-Serine 1374 mg
L-Histidine	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.
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MILK & EGG

CHOCOLATE FLAVOR

Sustained Release Protein Supplement

Net Wt 3 lb (1.36kg)

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