

Supplement Facts

Serving Size 2.5 Scoops (83g) Servings Per Container 10

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	278		Phosphorus	260mg	26%
Calories from Fat	22		Magnesium	200mg	50%
Total Fat	2.4g	4% *	(as magnesium oxide)		
Saturated Fat	1.4g	7% *	Chromium	75mcg	63%
Total Carbohydrate	32g	11% *	(as chromium chloride)		
Sugars	25g	**	Sodium	148mg	6% *
Protein	32g	64% *	Potassium	339mg	10%
Vitamin C	60mg	100%			
(as ascorbic acid)			Creatine Monohydrate	5.5g	**
Niacin (as niacinamide)	20mg	100%	Glutamine (as L-glutamine)	2.5g	**
			Taurine (as L-taurine)	1.2g	**
* Percent Daily Values are based on a 2,000 calorie diet.					
** Daily Values (DV) are not established.					

OTHER INGREDIENTS: Ultra and microfiltrated whey proteins (milk) (containing peptide-rich lactoglobulins, lactalbumin, immunoglobulins and lactoferrin), GlycoCarb Complex™ (dextrose and glucose polymers), maltodextrin, artificial flavor, citric acid, lecithin (soy), potassium phosphate, disodium phosphate, aspartame, carnine. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

INGREDIENT NOTES: Phenylketonurics: Contains Phenylalanine.
Our peptide-rich whey protein contains: 45-50% Beta-Lactoglobulins (β-Lg), 15-20% Alpha-Lactalbumin (α-Lac), 15% Glycomacropeptides (GMP), 10% Immunoglobulins (IgG), 5-6% Bovine Serum Albumin (BSA), 1% Lactoferrin, 1% Lactoperoxidase, 1% Protease-Peptonese.

DOSAGE: For maximum benefit, take one serving of LAVA™ immediately after training.

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 100g of pure protein.	
ESSENTIAL AMINO ACIDS		NON-ESSENTIAL AMINO ACIDS	
L-Leucine (Branched Chain Amino Acid)	11g	L-Arginine ††	1.5g
L-Isoleucine (Branched Chain Amino Acid)	5.8g	L-Cysteine	2.1g
L-Valine (Branched Chain Amino Acid)	5.3g	L-Aspartic Acid	11.7g
L-Threonine	7.2g	L-Alanine	4.9g
L-Lysine	9.4g	L-Glutamic Acid	19.5g
L-Phenylalanine	2.7g	L-Glycine	1.2g
L-Tryptophan	1.3g	L-Proline	6.2g
L-Methionine	1.5g	L-Tyrosine	2.5g
L-Histidine	1.2g	L-Serine	5.1g

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

Plant #3001104580



MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured by:
Universal Nutrition
New Brunswick, New Jersey 08901
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www.UniversalUSA.com



LAVA™

ORANGE SLUSH

PWO Muscle Growth Supplement

Net Wt. 1.85lb (841g)

Lean Mass Anabolic Volume Accelerator | The Perfect All-In-One Post-Workout Muscle Growth Formula

E2914-G-32460

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** Hundreds of complex, hard-to-pronounce supplements. Sometimes the simplest solution is the most effective. Like whey protein shakes. Like carb loading. Like creatine. Regarding nutrition, one thing is perfectly clear: study after study reveals that strength athletes need two things: (1) carbs to fuel intense, anaerobic workouts and (2) protein to build new muscle. The perfect growth food needs to satisfy these two basic requirements. Keeping things simple, Universal Nutrition now offers LAVA™. LAVA™ contains a sophisticated yet precise 1:1 ratio of the highest-quality carbs and proteins available. For starters, LAVA™ has 32g of super-premium whey protein per serving. Better quality protein means better results. We're talking the freshest ultra and micro-filtrated whey protein concentrate containing valuable microfractions. Protein is needed after exercise to kick start protein synthesis and rebuild damaged muscles. To that we've added our GlycoCarb Complex™ which utilizes medium to high glycemic-index (GI) carbs. The high-end GI carbs ensure maximum creatine and protein uptake. The medium-end GI carbs provides long lasting energy. But we didn't leave well enough alone. We've also spiked LAVA™ with 5.5 grams of the purest creatine in the world. Now throw in a scientifically-balanced matrix composed of important amino acids like glutamine and taurine, key mineral, electrolyte and phosphate co-factors such as chromium, magnesium, sodium, potassium and phosphorous and the specialized antioxidant vitamin C and you get the most advanced nutrition formula for helping fuel muscle growth. It's that simple. LAVA™ provides results that can be proven in the lab and the gym. For explosive gains, nothing compares to LAVA™. * **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.