

Supplement Facts

Serving Size 3 Scoops (41.5g) Servings Per Container 24

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	145	Calcium	195mg 19%
Calories from Fat	9	Iron	14mg 80%
Total Fat	1g 2%*	Phosphorus	132mg 13%
Cholesterol	25mg 8%*	Magnesium	18mg 5%
Saturated Fat	1g 3%*	Sodium	132mg 5%*
Trans Fat	0g **	Potassium	206mg 6%
Total Carbohydrates	4g 1%*	Creatine Monohydrate	2.5g **
Sugars	1g **	Glutamine†	1g **
Protein	30g 60%*	Taurine	500mg **

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

OTHER INGREDIENTS: Max Protein™ Blend (consisting of whey concentrate (milk), isolated casein peptides, instantized egg white protein, whey isolates, hydrolyzed whey and glutamine peptides), creatine monohydrate, natural and artificial flavors, L-glutamine, L-taurine, lecithin (soy), guar gum, acesulfame potassium. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

INGREDIENT NOTES: † This 1g of added glutamine is in addition to the over 4g of naturally occurring glutamine and glutamine peptides contained in the Max Protein™ blend.

DOSAGE: Mix 3 slightly rounded scoops with 6-8 ounces of your beverage of choice. On training days take two servings daily one serving within 45 minutes after training and the other serving between meals. On non-training days take one serving daily between meals.

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.

*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.



MADE PROUDLY IN THE U.S.A.
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MAX PROTEIN™

VANILLA SHAKE

Training Protein Supplement

Net Wt 2.2lb (1 kg)

WPI, WPH, WPC, Egg White Protein & Casein Peptides | Enhanced with Creatine & Glutamine Peptides

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** Research has shown that the ideal protein consists of blending individual proteins, particularly whey and casein. Together, whey and casein proteins are superior to each individually because of the simple fact that though whey promotes protein synthesis, it does very little for anti-catabolism. Casein, on the other hand, exerts tremendous muscle-sparing effects. Each serving of Max Protein™ is powered with 30g of the finest proteins available: ultrafiltered whey isolates, hydrolysates and concentrates, isolated casein peptides, and instantized egg albumin proteins. This proprietary blend ensures that protein synthesis is optimized, nitrogen balance is maintained and muscle catabolism is prevented.* **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 that we manufacture. Our word is our bond.

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