

Supplement Facts

Serving Size 1 Scoop (30g) Servings Per Container 15

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories	113	Phosphorus	58mg 6%
Calories from Fat	9	Magnesium	80mg 20%
Total Fat	1g 2%*	Zinc	1.5mg 10%
Saturated Fat	.9g 4%	Selenium	50mcg 71%
Total Carbohydrate	16g 5%*	Copper	200mcg 10%
Sugars	6g **	Manganese	1mg 50%
Protein	10g 20%*	Chromium	20mcg 17%
Vitamin A	1050 IU 21%	Molybdenum	20mcg 27%
Vitamin C	21mg 35%	Potassium	245mg 7%
Vitamin D	64 IU 16%		
Vitamin E	6.3 IU 21%	Carnitine Complex	5mg **
Thiamin	320mcg 21%	Carnosine	2mg **
Riboflavin	360mcg 21%	Choline Bitartrate	30mg **
Vitamin B6	420mcg 21%	Medium Chain Triglycerides (MCT)	400mg **
Folic Acid	80mcg 20%	Inosine	25mg **
Vitamin B12	12mcg 200%	Phytosterols (providing beta sitosterol, campesterol, other sterols)	180mcg **
Biotin	60mcg 20%	Alpha-Lipoic Acid	10mcg **
Pantothenic Acid	3.2mg 32%	Papain	5mg **
Calcium	200mg 20%	Bromelain	4mg **
Iron	1mg 6%		

**No Daily Value established * Percent Daily Value based on a 2000 calorie diet

OTHER INGREDIENTS: High Performance Carbohydrate Complex (glucose polymers, fructose, dextrose), Power Protein Blend (whey protein (milk), soy protein isolate, egg white albumin), vanilla flavor, calcium carbonate, potassium chloride, magnesium oxide, lecithin (soy), sodium selenite, ascorbic acid, folic acid, biotin, d-alpha tocopheryl succinate, L-carnitine, chromium chloride, d-calcium pantothenate, beta carotene, manganese sulfate, iron sulfate, zinc oxide, cyanocobalamin, cholecalciferol, pyridoxine HCl, copper sulfate, thiamin mononitrate, riboflavin, sodium molybdate. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: As a dietary supplement, mix 1 rounded scoop in with your choice of 12 ounces of water, milk or other beverage. For best results, take 1 serving 1 hour before training and 1 serving 45 minutes after. Competitive bodybuilders and powerlifters should take 1g of protein per 1kg 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.

*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.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a physician or Poison Control Center immediately.



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www.UniversalUSA.com

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POWER PROTEIN™

VANILLA FLAVOR

Protein Supplement

Net Wt 1 lb (455g)

Premium Protein Plus Powerful Nutrients | The Ultimate Protein Formula | High Performance Complex Carbohydrates

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 Power Protein™ offers serious bodybuilders and athletes a perfectly balanced combination of the highest quality premium protein plus essential vitamins, minerals, anti-oxidants, electrolytes, lipotropics, advanced metabolic optimizers and high performance complex carbohydrates. Power Protein™ forges your body with superior nutrients that fuel your muscles for increased power, prolonged endurance and enhanced recovery from intense training. Power Protein™ provides key dosages of essential amino acids (including the three branched chain amino acids L-leucine, L-isoleucine and L-valine) derived from Universal's advanced protein complex. **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.