



## PERFORMANCE. NOW IN A POWDER.

The award-winning taste and technology of OhYeah! Ready-To-Drink shakes and bars is now a Total Protein System utilizing critical proteins to deliver the immediate and long-term macronutrients your body needs to make the impossible possible.

## LIMITS? WHAT LIMITS?

No matter your goal, the path to success requires structured nutrition that supports the foundation of peak athletic performance: lean muscle and reduced body fat. Built on 32g of the most complete proteins, each serving provides your body with the nutrition it needs without excess calories from fat and sugar. Enhanced with fast-burning medium-chain triglycerides for an immediate source of energy that conserves lean muscle, as well as omega-6 EFA's to aid in recovery, OhYeah! Total Protein System is your ultimate structured nutrition source. Elevate your game, choose your nutrients wisely and introduce your body to an improved level of metabolic support where limits do not exist.



Time-released systematic formula supplying a steady rush of amino acids to meet individual macronutrient needs.



Omega-MCT Interfusion Matrix containing antioxidants and essential fatty acids.



Quick-digesting branch chain amino acids to supply muscles with an immediate protein source.

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.

# 32G

CALORIE CONTROL

LEAN MUSCLE

SCULPTING PROTEIN



## VANILLA CRÈME

LOWER FAT

MINIMAL SUGAR

UNPRECEDENTED TASTE

NATURALLY & ARTIFICIALLY FLAVORED • NET WT. 2.4LBS. (1090g)

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Rounded Scoop (49g)  
Servings Per Container 22

|                    | Amount<br>Per<br>Serving | % Daily<br>Value |
|--------------------|--------------------------|------------------|
| Calories           | 210                      |                  |
| Calories from Fat  | 50                       |                  |
| Total Fat          | 6 g                      | 9%*              |
| Saturated Fat      | 2 g                      | 10%*             |
| Cholesterol        | 105 mg                   | 35%              |
| Total Carbohydrate | 7 g                      | 2%*              |
| Sugars             | 2 g                      | †                |
| Protein            | 32 g                     | 64%*             |
| Vitamin A          | 176 IU                   | 4%               |
| Calcium            | 255 mg                   | 26%              |
| Iron               | 1 mg                     | 3%               |
| Phosphorus         | 73 mg                    | 7%               |
| Sodium             | 200 mg                   | 8%               |
| Potassium          | 220 mg                   | 6%               |

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

### Ingredients:

Protein Blend [OhYeah!® Total Protein System Consisting of Ultrafiltered Whey Protein Concentrate, Milk Protein Concentrate (Containing Native Micellar Casein and Whey Proteins From Fresh Ultrafiltered Skim Milk), Calcium Caseinate, Whey Protein Isolate], Omega-MCT Interfusion Matrix Consisting of (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Soy Lecithin, Sodium Silicoaluminate, Tocopherols, Medium-Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, Silicon Dioxide), Natural and Artificial Flavors, Salt, Sucralose, Acesulfame Potassium.

### Allergen Statement:

This product contains milk and soy. This product was produced in a facility that also processes peanuts, egg, and shellfish.

Store in a cool, dry place.

OhYeah! Total Protein System is designed to be used anytime of the day.

**BEFORE & AFTER EXERCISE:** Containing the most abundant natural source of quick-digesting branch chain amino acids, a serving of OhYeah! Total Protein System is essential to have thirty minutes before and thirty minutes after exercise. The unique protein blend will help you power through your training, while providing lean muscle support and recovery.

**BEFORE BEDTIME:** The OhYeah! Total Protein System contains time released proteins that work through the night, preventing breakdown of muscle while you sleep.

**EXPERIENCE MORE BENEFITS:** Use between meals to stave off hunger and prevent overeating during regular meals. Can also be used to boost the nutrient density of food by adding to yogurt, oatmeal and other recipes.

**DIRECTIONS:** Add one rounded scoop of OhYeah! Total Protein System to 10-12oz of cold water, milk, or beverage of choice. Adjust amount of liquid to tailor flavor and consistency to your desired preference. Enjoy the milkshake taste!

### Can't Get Enough OhYeah!?

For additional product and nutrition information:  
1-888-231-2684  
info@ohyeahnutrition.com  
ohyeahnutrition.com

**Distributed by:**  
Integrated Sports Science®  
Charlotte, NC 28269  
©2010



MADE IN THE USA

