

Essential Amino Acids		Non-Essential Amino Acids	
L-Leucine*	2619 mg	L-Arginine	853 mg
L-Isoleucine*	1981 mg	L-Aspartic Acid	2486 mg
L-Valine*	1447 mg	L-Cystine	255 mg
L-Lysine	2224 mg	L-Alanine	932 mg
L-Threonine	1941 mg	L-Glutamic Acid	3955 mg
L-Methionine	350 mg	L-Glycine	414 mg
L-Phenylalanine	732 mg	L-Histidine	365 mg
L-Tryptophan	552 mg	L-Proline	642 mg
		L-Serine	670 mg
		L-Tyrosine	582 mg

DIRECTIONS: Mix 1 scoop (26 grams) of **Ultimate Nutrition IsoCool™** into 8oz of water, juice or milk. For a thicker shake, mix into 4oz of water, juice or milk. **Ultimate Nutrition IsoCool™** mixes well, and can be prepared in a blender, shaker cup, or in a glass with a spoon. For maximum muscle growth, take before and after your workout.

Protein plays a number of different roles in the body including repairing body cells, building and repairing muscles and bones, providing a source of energy, and controlling many of the important processes in the body related to metabolism. Whey protein is a high quality, complete protein, with all of the essential amino acids. Whey protein is also the richest known source of naturally occurring branched chain amino acids (leucine, isoleucine and valine). These are important for active individuals, individuals who exercise and professional athletes. The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles instead of being metabolized through the liver first, like other amino acids. Fuel your muscles with the protein they need with **Ultimate Nutrition IsoCoo!**TM



ULTIMATE NUTRITION®

The logo features the letters "ISO" in a large, bold, sans-serif font with a red-to-white gradient and a 3D effect. Below "ISO" is the word "Cool" in a large, elegant, gold-colored script font. A small "TM" trademark symbol is located to the right of "Cool". The background is dark with a subtle pattern of small, light-colored dots.

Zero Fat

NET WT. 2 LB (907 G)

Amount per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	

Vitamin A 2%	•	Vitamin C 0%
Calcium 15%	•	Iron 2%

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	65g

Notice: Use this product as a food supplement only.
Do not use for weight reduction.