+ 9g SUPER RECOVERY BLEND*
*per 3 scoops

NEW! IMPROVED FORMULA

60g PREMIUM PROTEIN*
*per 3 scoops

+ 9g SUPER RECOVERY BLEND*
*per 3 scoops

VANILLA
NATURALLY AND ARTIFICIALLY FLAVORED

60g PREMIUM PROTEIN*
*per 3 scoops

BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN

Body Fortress® Super Advanced Whey Protein delivers a powerful blend of Premium Whey Protein and Lean Mass Activators that athletes need to help build muscle and crush their workouts.◊

Body Fortress® Super Advanced Whey Protein features a Super Recovery Blend to further enhance the benefits of our Premium Whey Protein. Each scoop provides high quality Creatine Monohydrate, to help increase Raw Strength and Power plus L-Glutamine and Taurine, the two most abundant free amino acids found in muscle.◊

WHAT MAKES BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN WORTH IT:

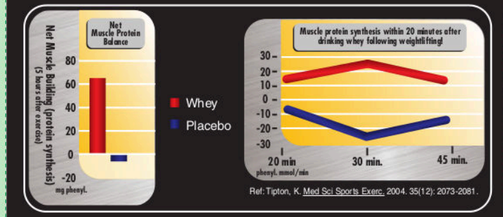
The combination of potent ingredients within the Super Recovery Blend is important for athletes since it allows for faster recovery during high-intensity workouts and creates a more powerful muscle-building formula than normal whey protein.◊ Not only will the Super Recovery Blend help recharge muscle energy stores, but it may help decrease fatigue during exercise as well so you can keep training hard.◊

- **Body Fortress® Super Advanced Whey Protein provides cross-flow, Ultrafiltered Whey Protein Concentrate.**
- **State-of-the-art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions that help deliver Whey's superior benefits.◊**
- **Premium Whey Proteins for easy mixing and complete dispersion in liquid.**
- **Quick absorbing blend to speed amino acid delivery to muscles immediately after workouts (to help stimulate protein synthesis and recovery).◊**
- **Contains naturally occurring Branched Chain Amino Acids from protein. 3 scoops contain over 12 grams of the following Branched Chain Amino Acids:**

Which typically provides:

• Isoleucine	3.43 g
• Leucine	5.84 g
• Valine	3.26 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it contains superior quality Branched Chain Amino Acids — made up of Leucine, Isoleucine and Valine — which are important for the maintenance of muscle tissue.◊ Unlike some other incomplete protein sources, Body Fortress® Super Advanced Whey Protein contains all of the essential amino acids required for supporting lean muscle and exercise recovery.◊



Ref: Tipton, K. Med Sci Sports Exerc, 2004. 35(12): 2073-2081.

BODY FORTRESS®

SUPER ADVANCED

WHEY PROTEIN

PREMIUM MUSCLE BUILDING WHEY◊

- **OVER 12 GRAMS OF BCAAs***
- **ENHANCED WITH 9G SUPER RECOVERY BLEND***
- **MORE POWERFUL THAN NORMAL WHEY PROTEIN◊**

60g PREMIUM PROTEIN*

+9g SUPER RECOVERY BLEND*

PROTEIN SUPPLEMENT

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

*per 3 scoops

VANILLA
NATURALLY AND ARTIFICIALLY FLAVORED

NET WT. 2 lb. (32 oz.) (907 g)
Contents are sold by weight. Some settling may occur.

Supplement Facts

Serving Size	1 Scoop (33 g)		2 Scoop (66 g)		3 Scoop (98 g)	
Servings Per Container	about 27		about 14		about 9	
Amount Per Serving	**%Daily Value**		**%Daily Value**		**%Daily Value**	
Calories	130		270		400	
Calories from Fat	30		60		90	
Total Fat	3 g	5%†	6 g	9%†	10 g	15%†
Saturated Fat	2 g	10%†	3.5 g	18%†	5 g	25%†
Cholesterol	90 mg	30%	180 mg	60%	270 mg	90%
Total Carbohydrate	6 g	2%†	11 g	4%†	17 g	6%†
Sugars	2 g	††	5 g	††	7 g	††
Protein	20 g	40%†	40 g	80%†	60 g	120%†
Calcium	84 mg	8%	169 mg	17%	253 mg	25%
Phosphorus	65 mg	6%	129 mg	13%	194 mg	19%
Magnesium	13 mg	3%	25 mg	6%	38 mg	9%
Sodium	55 mg	2%	105 mg	4%	160 mg	7%
Potassium	95 mg	3%	190 mg	5%	280 mg	8%
Super Recovery Blend	3 g	††	6 g	††	9 g	††
Creatine Monohydrate	1 g	††	2 g	††	3 g	††
Taurine	1 g	††	2 g	††	3 g	††
L-Glutamine	1 g	††	2 g	††	3 g	††
BCAA Complex	4.1 g	††	8.4 g	††	12.5 g	††
Leucine (as WPC, WPI)	1.9 g	††	3.9 g	††	5.8 g	††
Isoleucine (as WPC, WPI)	1.1 g	††	2.3 g	††	3.4 g	††
Valine (as WPC, WPI)	1.1 g	††	2.2 g	††	3.3 g	††

†Percent Daily Values are based on a 2,000 calorie diet.
††Daily Value not established.

Other Ingredients: Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Maltodextrin, Soy Lecithin, Natural and Artificial Flavors, Cellulose Gum, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

Body Fortress® Super Advanced Whey Protein is aspartame free.

Gluten Free

Typical Amino Acid Profile (milligrams per 33 g scoop***)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	343 mg	Alanine	875 mg
Isoleucine	1,145 mg	Arginine	464 mg
Leucine	1,947 mg	Aspartic Acid	2,032 mg
Lysine	1,630 mg	Cysteine	411 mg
Methionine	402 mg	Glutamic Acid	2,801 mg
Phenylalanine	623 mg	Glycine	352 mg
Threonine	1,199 mg	Proline	1,121 mg
Tryptophan**	333 mg	Serine	930 mg
Valine	1,088 mg	Tyrosine	574 mg

**L-Tryptophan is naturally occurring, not added.
***approximate values

BODY FORTRESS®
YOUR BODY - YOUR FORTRESS.®

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

Directions: For adults, add one (1) to three (3) scoops (33 g – 98 g) to 12-16 ounces of water or your favorite beverage daily. Consume within 10 minutes after mixing. Take this product with an adequate daily fluid intake. Serious athletes and bodybuilders (over 125 pounds) should consume 1-3 scoops immediately after exercise.

BLENDER – SIMPLE
Cover and blend for 20-30 seconds.^^

SHAKER – SIMPLER
Cover and shake for 25-30 seconds.

GLASS & SPOON – SIMPLEST
Stir for 20-30 seconds or until completely blended.

^^For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.
For Dieters: add lower calorie foods such as skim milk or just use water.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Please note: Crystalline Taurine will appear as small crystals within the powder.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Body Fortress® Super Advanced Whey Protein is manufactured according to cGMP standards, as is required for all dietary supplements.

◊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.

PLEASE RECYCLE

Carefully Manufactured by
United States Nutrition, Inc.
Bohemia, NY 11716 U.S.A.
1-800-215-5980

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