

## DIRECTIONS FOR USE

Add one level scoop to 8 oz. of water, nonfat milk, juice, or your favorite beverage. You can use more or less liquid to meet your desired taste and calorie needs. Shake well in a shaker until dissolved. Whey protein can be added to any food, including yogurt.

About Time® doesn't believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality AND great taste. In addition, we appreciate simplicity which is why all of our protein powders have 5 ingredients or less that you can actually pronounce.

About Time® is blended and packaged at our own facility in Pittsburgh, PA and we source our whey from dairy farms in the United States of America.

Like us on  /AboutTimeWheyProtein

Follow us on  @AboutTimeWhey for great recipe ideas.



Manufactured and distributed by



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TRYABOUTTIME.COM



100% ALL NATURAL

# ABOUTTIME®

## WHEY PROTEIN ISOLATE



BIRTHDAY CAKE



Sweetened with Stevia



No Artificial Sweeteners



25g of Isolate Protein



Lactose Free



Gluten Free



Only 100 Calories

Net Wt. 2 lbs. (908g)

## AMINO ACID PROFILE

Amount Per SRV

|                 |          |
|-----------------|----------|
| L-Alanine       | 1,240 mg |
| L-Arginine      | 566 mg   |
| L-Aspartic Acid | 2,616 mg |
| L-Cystine       | 701 mg   |
| L-Glutamic Acid | 4,611 mg |
| L-Glycine       | 431 mg   |
| L-Histidine †   | 404 mg   |
| L-Isoleucine ‡  | 1,510 mg |
| L-Leucine ‡     | 2,616 mg |
| L-Lysine †      | 2,616 mg |
| L-Methionine †  | 539 mg   |
| L-Phenylalanine | 782 mg   |
| L-Proline       | 1,483 mg |
| L-Serine        | 998 mg   |
| L-Tyrosine      | 728 mg   |
| L-Tryptophan ‡‡ | 431 mg   |
| L-Threonine †   | 1,645 mg |
| L-Valine ‡      | 1,240 mg |

† Essential Amino Acids

‡ BCAA's

‡‡ The L-Tryptophan indicated is from naturally occurring sources of protein.

RICH IN BRANCH CHAIN  
AMINO ACIDS

## Supplement Facts

Serving Size: 1 scoop (28.4g)  
Servings Per Container: 32

Amount Per Serving

Calories 100      Calories from Fat 0

%Daily Value†

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g      \*\*

Cholesterol 1mg      0%

Sodium 41mg      2%

Potassium 83mg      2%

Total Carbohydrate <1g      0%

Dietary Fiber 0g      0%

Sugars 0g      \*\*

Protein 25g      50%

Vitamin A      0%

Vitamin C      0%

Calcium      25%

Iron      0%

Phosphorus      6%

† Percent daily value based on 2000 calorie diet.

\*\*Percent daily value not established.

Ingredients: Cold Processed Ultra Micro-filtered Whey Isolate, Natural Flavors, Xanthan Gum, Stevia.

Allergen Statement: Produced in a facility that uses peanut and egg ingredients. Contains Milk and Soy (Lecithin).