## 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 2 @AboutTimeWhey for great recipe ideas.

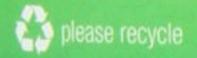


Manufactured and distributed by



528 Braddock Ave.

TRYABOUTTIME.COM



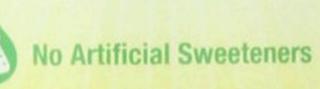
100% ALL NATURAL

# WHEY PROTEIN ISOLATE



Sweetened with Stevia







25g of Isolate Protein

Net Wt. 2 lbs. (908g)

### AMINO ACID PROFILE

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

Essential Amino Acids

# BCAA's

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

RICH IN BRANCH CHAIN AMUNO ACIDS

## **Supplement Facts**

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

Calarian 100	0-1-1-1
Calories 100	Calories from Fat (
	%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	09
Vitamin C	09
Calcium	259
Iron	09
Phosphorus	69

† 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).