

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



1-866-982-WHEY
528 Braddock Ave.
Pittsburgh, PA 15145

LOTZ574

TRYABOUTTIME.COM



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100% ALL NATURAL

ABOUTTIME®

WHEY PROTEIN ISOLATE



Sweetened with Stevia



Lactose Free



No Artificial Sweeteners



Gluten Free



24g of Isolate Protein



Only 100 Calories



CHOCOLATE

Net Wt. 2 lbs. (908g)

AMINO ACID PROFILE

Amount Per SRV

L-Alanine	1,185 mg
L-Arginine	541 mg
L-Aspartic Acid	2,498 mg
L-Cystine	670 mg
L-Glutamic Acid	4,404 mg
L-Glycine	412 mg
L-Histidine I	386 mg
L-Isoleucine II	1,442 mg
L-Leucine II	2,498 mg
L-Lysine I	2,498 mg
L-Methionine I	515 mg
L-Phenylalanine	747 mg
L-Proline	1,416 mg
L-Serine	953 mg
L-Tyrosine	695 mg
L-Tryptophan III	412 mg
L-Threonine I	1,571 mg
L-Valine II	1,185 mg

I Essential Amino Acids

II BCAAs

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

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 <1g	1%
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 24g	48%
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, Cocoa, Natural Flavors, Xanthan Gum, Stevia.

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

RICH IN BRANCH CHAIN
AMINO ACIDS