

SUPPLEMENT FACTS

Serving Size: 1 scoop (32 g)
Servings Per Container: 25

	Amount Per Serving	% Daily Value†
Calories	120	
Calories from Fat	10	
Total Fat	1 g	2%
Cholesterol	20 mg	7%
Total Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Sugar	5 g	**
Protein	18 g	36%
Calcium (from whey protein concentrate, milk protein isolate, egg albumin, whey protein isolate)	100 mg	10%
Sodium	100 mg	4%
Potassium (from whey protein concentrate, egg albumin, milk protein isolate, whey protein isolate)	100 mg	3%

†Percent Daily Values are based on a 2,000-calorie diet.

**Daily Value not established.

INGREDIENTS: Whey protein concentrate, Natural carbohydrate complex (Dextrose, Maltodextrin), Milk protein isolate, Egg albumin, Whey protein isolate, L-glutamine, Inulin, Carrageenan, Xanthan gum, L-arginine, L-isoleucine, Papain, Protease, Lactase, and Lipase.

ALLERGEN STATEMENT: This product contains egg (egg albumin), milk (milk protein isolate, whey protein concentrate, whey protein isolate), and soy (soy lecithin). Manufactured in a plant that also processes fish, crustacean shellfish, peanuts, tree nuts, and wheat (gluten) ingredients.

STORAGE: Keep tightly closed in a cool, dry place.

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any medical conditions. Keep out of reach of children.

BEACHBODY®
EXTREME NUTRITION

HARDCORE BASE SHAKE

FAST- & SLOW-DIGESTING PROTEINS
FOR OPTIMAL UTILIZATION

OPTIMAL PROTEIN BLEND

1-MONTH SUPPLY • DIETARY SUPPLEMENT
NET WT 1 LB 12.2 OZ (800 G)

Added muscle mass. Minus the breakdown.*

Monstrous, carved muscles start here. Beachbody® Hardcore Base Shake was formulated to help maximize new muscle growth and reduce muscle breakdown—at the same time.* A flavor-neutral base lets you whip up your shake just the way you want it.

- Exclusive blend of 18 grams of high-quality fast- and slow-digesting proteins
- Includes whey protein isolate—the highest-quality and most expensive whey protein
- Contains digestive enzymes to enhance protein utilization and reduce gas and bloating*
- No artificial colors, flavors, or sweeteners

WHY IT WORKS: Helps to build muscle and minimize muscle breakdown simultaneously, getting you undeniably massive—quickly and naturally.*

DIRECTIONS: Consume only on workout days. Mix 1 scoop (32 grams) with 6 to 8 ounces water or other beverage (such as milk or juice). Add your favorite ingredients (juices, raw eggs,* sprouts, etc.) and any of the Beachbody supplements specially designed to work with Hardcore Base Shake. **For optimal results, use with Beachbody Fuel Shot, Beachbody M.A.X. Creatine, and Beachbody Super Suma supplement.**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

†Consult your physician before consuming raw or undercooked eggs.

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