

Muscles are made bigger and stronger with hard training, adequate rest and amino acids from protein. To help meet the recovery needs of elite athletes and goal-driven weight lifters, we developed this stack of superior quality proteins with naturally occurring and added BCAAs and L-Glutamine. One look at the Facts Panel will tell you PRO Complex® has a lot to offer, and you'll be amazed at how effortlessly the powder mixes up into a great tasting shake.

TRUE STRENGTH™
WWW.EPTIMILNUTRITION.COM



1.800.306.5226 TRISTRENGTH.COM

MANUFACTURED IN THE U.S.
This product contains no artificial
color, fragrance, or dyes.

NATURALLY OCCURRING AND ADDED AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine +	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine +	Histidine	Alanine
Leucine +	Proline	
Lysine	Glutamine & Glutamic Acid +	
Phenylalanine		
Methionine		

Typical amounts per 2-scoop serving

29.5 G

- 20 G

- 12.5 G

→ 1.5g of BEAs added

- 500mg of Glutamine added

BEYOND THE BASICS

- 60 Grams of Quality Proteins per 2 Scoops
- 1.5 Grams of Added Micronized BCAAs & 500 mg of Added L-Glutamine per 2 Scoops
- Just 1 Gram of Sugar & 1 Gram of Fat per 2 Scoops
- 25% of the Daily Value for Calcium per 2 Scoops
- Mixes Effortlessly & Tastes Great, Shake After Shake



ENTRANCE



PRO
COMPLEX
 ISOLATE & HYDROLYZED PROTEINS

OPTIMUM NUTRITION

20
SERVINGS

NET WT. 3.35 LB (1.52 KG)
PROTEIN POWDER DRINK MIX
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.



60G⁺
PROTEIN

15.5G
EC 3A.2

10.5g
L GLUTAMINE

REPORT OF WTS 2
SLEDDING RACING
WATERSLIDY
OCCUPANCY
GARDENING

**RICH MILK
CHOCOLATE**
CHOCOLATE, SUGAR, BUTTER, VANILLA

Nutrition Facts

Serving Size	1 Scoop (33g)	2 Scoops (76g)
Servings Per Container	40	20
Amount Per Serving		
Calories	140	270
% Daily Value*		
Total Fat	0.5g	1g
Sodium	115mg	230mg
Total Carbohydrate	3g	1g
Protein	30g	60g
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	10%	25%
Iron	2%	6%

*Percent Daily Values are based on a  Your daily values may be higher or lower depending on your calorie needs.

	Control	2000	2500
Total Fat	Leuciton	85g	80g
Sat Fat	Leuciton	20g	25g
Cholesterol	Leuciton	300mg	300 mg
Sodium	Leuciton	2400mg	2400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calorie/gm			
Fat 9	-	Carbohydrate 4	-
			Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Egg Protein, Hydrolyzed Egg Protein, Leucine Peptide), L-Leucine, Hydrolyzed Whey Protein Isolate (All Performance), Cocoa (Processed with Alkal), Lecithin, Natural Artificial Flavors, Micronized L-Leucine, Micronized L-Glutamine, Micronized L-Isoleucine, Micronized L-Valine, Salt, Enzyme Blend (Bam A, B, C, F, G, H, I, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, AA, AB, AC, AD, AE, AF, AG, AH, AI, AJ, AK, AL, AM, AN, AO, AP, AQ, AR, AS, AT, AU, AV, AW, AX, AY, AZ, BA, BB, BC, BD, BE, BF, BG, BH, BI, BJ, BK, BL, BM, BN, BO, BP, BQ, BR, BS, BT, BU, BV, BW, BX, BY, BZ, CA, CB, CC, CD, CE, CF, CG, CH, CI, CJ, CK, CL, CM, CN, CO, CP, CQ, CR, CS, CT, CU, CV, CW, CX, CY, CZ, DA, DB, DC, DD, DE, DF, DG, DH, DI, DJ, DK, DL, DM, DN, DO, DP, DQ, DR, DS, DT, DU, DV, DW, DX, DY, DZ, EA, EB, EC, ED, EE, EF, EG, EH, EI, EJ, EK, EL, EM, EN, EO, EP, EQ, ER, ES, ET, EU, EV, EW, EX, EY, EZ, FA, FB, FC, FD, FE, FF, FG, FH, FI, FJ, FK, FL, FM, FN, FO, FP, FQ, FR, FS, FT, FU, FV, FW, FX, FY, FZ, GA, GB, GC, GD, GE, GF, GH, GI, GJ, GK, GL, GM, GN, GO, GP, GQ, GR, GS, GT, GU, GV, GW, GX, GY, GZ, HA, HB, HC, HD, HE, HF, HG, HH, HI, HJ, HK, HL, HM, HN, HO, HP, HQ, HR, HS, HT, HU, HV, HW, HX, HY, HZ, IA, IB, IC, ID, IE, IF, IG, IH, II, IJ, IK, IL, IM, IN, IO, IP, IQ, IR, IS, IT, IU, IV, IW, IX, IY, IZ, JA, JB, JC, JD, JE, JF, JG, JH, JI, JJ, JK, JL, JM, JN, JO, JP, JQ, JR, JS, JT, JU, JV, JW, JX, JY, JZ, KA, KB, KC, KD, KE, KF, KG, KH, KI, KJ, KK, KL, KM, KN, KO, KP, KQ, KR, KS, KT, KU, KV, KW, KX, KY, KZ, LA, LB, LC, LD, LE, LF, LG, LH, LI, LJ, LK, LL, LM, LN, LO, LP, LQ, LR, LS, LT, LU, LV, LW, LX, LY, LZ, MA, MB, MC, MD, ME, MF, MG, MH, MI, MJ, MK, ML, MM, MN, MO, MP, MQ, MR, MS, MT, MU, MV, MW, MX, MY, MZ, NA, NB, NC, ND, NE, NF, NG, NH, NI, NJ, NK, NL, NM, NN, NO, NP, NQ, NR, NS, NT, NU, NV, NW, NX, NY, NZ, OA, OB, OC, OD, OE, OF, OG, OH, OI, OJ, OK, OL, OM, ON, OO, OP, OQ, OR, OS, OT, OU, OV, OW, OX, OY, OZ, PA, PB, PC, PD, PE, PF, PG, PH, PI, PJ, PK, PL, PM, PN, PO, PP, PQ, PR, PS, PT, PU, PV, PW, PX, PY, PZ, QA, QB, QC, QD, QE, QF, QG, QH, QI, QJ, QK, QL, QM, QN, QO, QP, QQ, QR, QS, QT, QU, QV, QW, QX, QY, QZ, RA, RB, RC, RD, RE, RF, RG, RH, RI, RJ, RK, RL, RM, RN, RO, RP, RQ, RR, RS, RT, RU, RV, RW, RX, RY, RZ, SA, SB, SC, SD, SE, SF, SG, SH, SI, SJ, SK, SL, SM, SN, SO, SP, SQ, SR, SS, ST, SU, SV, SW, SX, SY, SZ, TA, TB, TC, TD, TE, TF, TG, TH, TI, TJ, TK, TL, TM, TN, TO, TP, TQ, TR, TS, TT, TU, TV, TW, TX, TY, TZ, UA, UB, UC, UD, UE, UF, UG, UH, UI, UJ, UK, UL, UM, UN, UO, UP, UQ, UR, US, UT, UU, UV, UW, UX, UY, UZ, VA, VB, VC, VD, VE, VF, VG, VH, VI, VJ, VK, VL, VM, VN, VO, VP, VQ, VR, VS, VT, VU, VV, VW, VX, VY, VZ, WA, WB, WC, WD, WE, WF, WG, WH, WI, WJ, WK, WL, WM, WN, WO, WP, WQ, WR, WS, WT, WU, WV, WW, WX, WY, WZ, XA, XB, XC, XD, XE, XF, XG, XH, XI, XJ, XK, XL, XM, XN, XO, XP, XQ, XR, XS, XT, XU, XV, XW, XX, XY, XZ, YA, YB, YC, YD, YE, YF, YG, YH, YI, YJ, YK, YL, YM, YN, YO, YP, YQ, YR, YS, YT, YU, YV, YW, YX, YY, YZ, ZA, ZB, ZC, ZD, ZE, ZF, ZG, ZH, ZI, ZJ, ZK, ZL, ZM, ZN, ZO, ZP, ZQ, ZR, ZS, ZT, ZU, ZV, ZW, ZX, ZY, ZZ.

ALLERGEN INFORMATION: CONTAINS MILK, SOY LECITHIN AND EGGS
INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
275 Healden Lake Dr. Aurora, IL 60004

DIRECTIONS:

SPOON STIRRED: For each scoop of PRO Complex[®], add 4-6 oz of cold water, milk or any beverage with a complementary flavor. Because the powder has been instantized, all you really need is a spoon to stir the powder into a delicious protein shake.

SHAKER CUP: Bringing a shaker cup along to the gym presents you with a quick, easy way to produce the perfect shake every time. Mix each scoop of PRO Complex® in a shaker filled with 4-6 oz of your preferred beverage, screw the cap on tight and shake for a few seconds.

ELECTRIC BLENDER: Using an electric blender, you can turn a serving of PRO Complex[®] into a fresh fruit smoothie and/or stack this protein shake with Creatine and other sports nutrition ingredients. **TIP:** Adding a couple of ice cubes can improve the consistency of your shake.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING.