

**HER WHEY** is our gluten free, lean protein drink that is scientifically formulated to promote lean muscle growth, enhance recovery after workouts, and fuel your muscles during high intensity training. Supplementing with **HER WHEY** on a daily basis will not only increase recovery but also helps promote a lean body composition with our low carbohydrate and high protein ingredient profile. †

- **Premium, clinically advanced** Whey Protein Isolate for optimal nutrition and performance.†
- **Added vitamins and minerals**
- **9,427 mg of Glutamine and over 5g of BCAA** to enhance muscular recovery†

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

Manufactured Exclusively for:  
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DIETARY SUPPLEMENT

# Her Whey

## The Ultimate Lean Protein

- **28g of Lean Protein**
- **Added Amino Acids for Recovery†**
- **Curbs Appetite†**



**NET WT  
2 LBS  
(905g)**

**CHOCOLATE ÉCLAIR**

**Gluten Free  
Sugar Free**

## Supplement Facts

**Serving Size: 2 scoops (50g/1.7oz)**  
**Servings Per Container: 18**

|                                                 | Amount per Serving | %DV  |
|-------------------------------------------------|--------------------|------|
| Calories                                        | 190                |      |
| Total Fat                                       | 5g                 | 7.6% |
| Cholesterol                                     | 3mg                | 1%   |
| Net Carbohydrate                                | 6g                 | 2.3% |
| Dietary Fiber                                   | 5g                 | 20%  |
| Sugars                                          | 0g                 | *    |
| Protein                                         | 28g                | 58%  |
| Vitamin A (from Retinol Palmitate)              | 2500IU             | 50%  |
| Vitamin C (as Ascorbic Acid)                    | 30mg               | 50%  |
| Vitamin D (as Cholecalciferol)                  | 200IU              | 50%  |
| Vitamin E (from dl-Alpha Tocopheryl Acetate)    | 15IU               | 50%  |
| Vitamin K-1 (as Phytanadione)                   | 40mcg              | 50%  |
| Thiamin (from Thiamine Mononitrate)(Vitamin B1) | 0.75mg             | 50%  |
| Riboflavin (Vitamin B2)                         | 0.85mg             | 50%  |
| Niacin (as Niacinamide)                         | 10mg               | 50%  |
| Vitamin B-6 (as Pyridoxine HCl)                 | 1mg                | 50%  |
| Folic Acid                                      | 200mcg             | 25%  |
| Vitamin B-12 (as Cyanocobalamin)                | 3mcg               | 50%  |
| Biotin                                          | 150mcg             | 50%  |
| Pantothenic Acid (as Calcium d-Pantothenate)    | 5mg                | 50%  |
| Calcium                                         | 290mg              | 29%  |
| Phosphorus (from Dicalcium Phosphate)           | 77.3mg             | 7%   |
| Iodine (from Potassium Iodide)                  | 75mcg              | 50%  |
| Magnesium (from Magnesium Oxide)                | 200mg              | 50%  |
| Zinc (from Zinc Sulfate)                        | 7.5mg              | 50%  |
| Selenium (from Selenomethionine)                | 35mcg              | 50%  |
| Copper (from Copper Gluconate)                  | 1mg                | 50%  |
| Manganese (from Manganese Sulfate)              | 1mg                | 50%  |
| Chromium (from Chromium Chloride)               | 60mcg              | 50%  |
| Molybdenum (from Sodium Molybdate)              | 37.5mcg            | 50%  |
| Sodium                                          | 214mg              | 9%   |
| Potassium                                       | 316mg              | 9%   |

**Lean Mass Promoting Fatty Acid Complex:**  
 Sunflower Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono & Diglycerides, Dipotassium Phosphate, Tri-Calcium Phosphate, Soy Lecithin, Tocopherols, MCT (Medium Chain Triglycerides)

\*%Daily Value (DV) not established.

## Typical Amino Acid Profile

|                         | Per Serving |
|-------------------------|-------------|
| Alanine                 | 1,052mg     |
| Arginine                | 919mg       |
| Aspartic Acid           | 2,386mg     |
| Cystine                 | 415mg       |
| Glutamine & Precursors* | 9,427mg     |
| Glycine                 | 595mg       |
| Histidine               | 565mg       |
| Isoleucine**            | 1,358mg     |
| Leucine**               | 2,410mg     |
| Lysine                  | 1,947mg     |
| Methionine              | 493mg       |
| Phenylalanine           | 1,028mg     |
| Proline                 | 1,587mg     |
| Serine                  | 1,178mg     |
| Threonine               | 1,250mg     |
| Tryptophan              | 372mg       |
| Tyrosine                | 895mg       |
| Valine**                | 1,382mg     |

\*Naturally Occurring

\*\*Indicates Branched Chain Amino Acids (BCAA)

## CONTAINS NATURAL & ARTIFICIAL FLAVORING

**OTHER INGREDIENTS:** Whey Protein Isolate, Cocoa Powder, Polydextrose, Flavors (Maltodextrin, Silicon Dioxide, Ethyl Alcohol, Citric Acid, Dimethyl Polysiloxane, Corn Starch) Natural & Artificial, Cinnamon (bark), Vitamin and Mineral Mix, Xanthan Gum, Guar Gum, Sodium Chloride, Acesulfame Potassium, Sucralose, Calcium Carbonate.

**Contains:** Dairy, Soy. This product contains naturally occurring caffeine.

**Allergen Statement** - Manufactured in a facility and equipment that handles: Eggs, Wheat, Soy, Milk, Tree Nuts, Peanuts, Soybeans, Shellfish and Fish.

**INSTRUCTIONS:** Mix 1 scoop in 8oz of cold water or 2 scoops in 16 oz. May substitute water with milk.

**SUGGESTED USE:** Take 1-2 scoops 2 times daily for optimal results. Supplementing with HER WHEY immediately before workouts will give you the nutrients you need to make it through the most grueling workouts. Supplementing with HER WHEY 10-45 minutes post workout will speed up the recovery process, allowing you to get back to the gym sooner and less sore.†