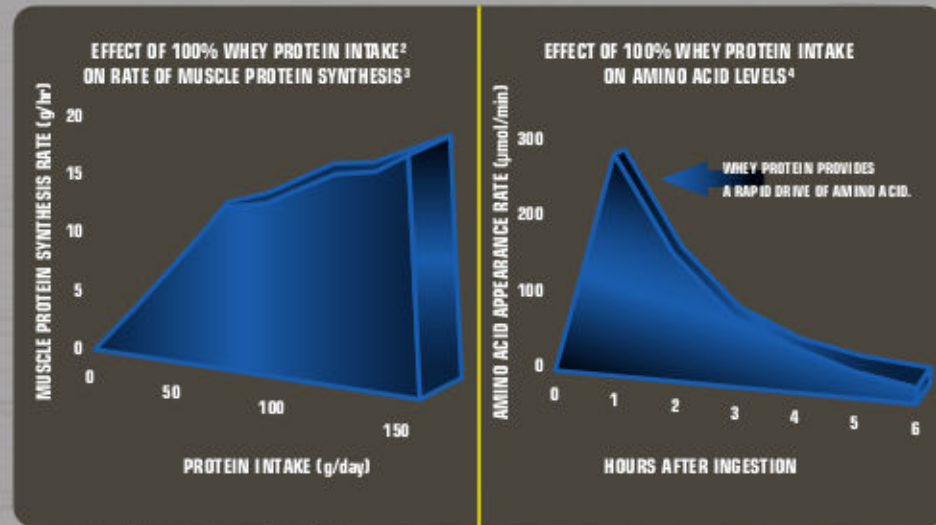


THE SCIENCE BEHIND THE SIZE:

- **PRODUCT:** A superior blend of high quality, bioavailable 100% Whey Proteins: WPC and WPI. A premier concentrate that is 100% instantized, quick dissolving and easy-to-mix with a rich, refreshing taste.
- **RESULT:** Stimulates muscle protein anabolism, which maximizes muscle growth that occurs after exercise, by enhancing muscle building and lean tissue mass.* Also, increases muscle performance and improves post-workout recovery.*
- **SCIENCE:** Clinical studies show that 100% whey protein is one of the most anabolic muscle building proteins available, providing a rapid drive of amino acids to skeletal muscle tissue, thereby increasing the anabolic effects of weight training.* Enhanced muscle protein anabolism increases muscle growth, to maximize gains.* Research also shows that 100% whey protein has one of the highest protein qualities of all proteins*, and has one of the highest Protein Efficiency Ratios, providing more amino acids than most other proteins.



¹ As measured by the Protein Digestibility-Corrected Amino Acid Score.
² Based on physically active 70 kg (154 lb) person.
³ Adapted from Lemon PWR. Effect of Exercise on Dietary Protein Requirements. Int. J. Sport Nutrition 1(998) 8:426-447.
⁴ Based on 70 kg (154 lb) person and adapted from Balke Y. et al. Size and Fast Dietary Protein. Differently Modulate Postprandial Protein Accretion. Proc. Natl. Acad. Sci. USA 100(7):9414-9419.

*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.

TWINLAB®

100% WHEY PROTEIN FUEL

50g PROTEIN!
(2 SERVINGS)

BEST TASTING...COMPARE!

100% INSTANTIZED, QUICK DISSOLVING
STIMULATES MUSCLE GROWTH AND IMPROVES POST-WORKOUT RECOVERY*

Mass

DIETARY SUPPLEMENT
NET WT 2 LBS (907 g)



CHOCOLATE SURGE
Natural and Artificial Flavors

Supplement Facts

Serving Size 1 Scoop (35 g)
Servings Per Container 26

	Amount Per Serving	% DV**		Amount Per Serving	% DV**
Calories	140		L-Alanine	1,280 mg	†
Calories from Fat	20		L-Arginine	600 mg	†
Total Fat	2 g	3%**	L-Aspartic Acid	3,310 mg	†
Saturated Fat	1 g	5%**	L-Cystine	720 mg	†
Trans Fat	0 g	†	L-Glutamic Acid	4,640 mg	†
Cholesterol	60 mg	21%**	Glycine	450 mg	†
Total Carbohydrate	5 g	2%**	L-Histidine	470 mg	†
Sugars	1 g	†	L-Isoleucine	1,610 mg	†
Protein	25 g	50%**	L-Leucine	2,650 mg	†
Vitamin A	109 IU	2%	L-Lysine	2,180 mg	†
Calcium	128 mg	13%	L-Methionine	620 mg	†
Iron	0.4 mg	2%	L-Phenylalanine	830 mg	†
Phosphorus	112 mg	12%	L-Proline	1,600 mg	†
Magnesium	33 mg	8%	L-Serine	1,280 mg	†
Sodium	60 mg	3%	L-Threonine	1,810 mg	†
Potassium	310 mg	9%	L-Tryptophan	560 mg	†
Theobromine	63 mg	†	L-Tyrosine	770 mg	†
			L-Valine	1,480 mg	†

** Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Ingredients: Whey protein concentrate and isolate (from milk), cocoa powder, chocolate flavor, guar gum, acesulfame potassium, sucralose, soy lecithin. Contains milk and soy ingredients. Produced in a facility that also processes egg, wheat, tree nut, peanut, fish and shellfish ingredients.

Directions: Add 1 scoop to 6 fl. oz. of cold water or 2 scoops to 12 fl. oz. of cold water. Consume 1-2 servings daily. For best results, use as part of a proper diet and exercise program.

TYPICAL AMINO ACID PROFILE PER SERVING

L-Alanine.....1,280 mg	L-Histidine.....470 mg	L-Proline.....1,600 mg
L-Arginine.....600 mg	L-Isoleucine (BCAA) ††.....1,610 mg	L-Serine.....1,280 mg
L-Aspartic Acid.....3,310 mg	L-Leucine (BCAA) ††.....2,650 mg	L-Threonine ††.....1,810 mg
L-Cystine.....720 mg	L-Lysine ††.....2,180 mg	L-Tryptophan ††.....560 mg
L-Glutamic Acid.....4,640 mg	L-Methionine ††.....620 mg	L-Tyrosine.....770 mg
Glycine.....450 mg	L-Phenylalanine ††.....830 mg	L-Valine (BCAA) ††.....1,480 mg

†† Essential Amino Acids † Naturally Occurring. Not added or manufactured.

WARNING: Do not use if pregnant or nursing. Consult a health care professional before use if you are taking any medication or have a medical condition. **KEEP OUT OF REACH OF CHILDREN**

Notice: Use this product as a food supplement only. Do not use for weight reduction.

Best if used by date shown on container.

MANUFACTURED BY IDEASPHERE INC.,
AMERICAN FORK, UT 84003 1-800-645-5626



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