





## SHAKER

ADD 1 SCOOP TO YOUR SHAKER, CLOSE AND SHAKE FOR 30 SECONDS.



### BLENDER

ADD 1 SCOOP TO BLENDER. BLEND FOR 20 SECONDS, ADD ICE AND BLEND FOR 20 EXTRA SECONDS.



#### STIR

ADD 1 SCOOP TO LARGE GLASS, STIR FOR 20-30 SECONDS OR UNTIL THE POWDER IS COMPLETELY DISSOLVED.





**GRANOLA CRUNCH** 

NATURAL AND ARTIFICIAL FLAVORS

**1 SCOOP** IN 5 TO 60z OF **IMMEDIATELY AFTER** WORKOUT





**GLYCEROL** 

PRE POST

TO BE USED IN CONJUNCTION WITH:

- STRENGTH / MUSCLE BUILDING PROGRAMS
- **ONUTRITION / WEIGHT LOSS PROGRAMS**

**NET WT. 2.0 LBS (907 GRAMS) DIETARY SUPPLEMENT** 



#### 25g OF PROTEIN PER SCOOP! **ONLY 3g OF SUGAR!**

Please read entire label before use.

SUGGESTED USE: Mix thoroughly in 5 to 6 ounces of ice cold water and drink immediately after workout or strenuous activity. May also be taken anytime to promote recovery and help build strong muscles.4 For optimal results, use in conjunction with a proper diet and always consult with a physician prior to beginning a training regimen.

# **Supplement Facts**

Serving Size 1 Scoop (37 grams) Servings Per Container 25

Amount Per Serving		% Daily Value
Calories	150	
Calories from Fat	25	
Total Fat	3 g	5% <sup>†</sup>
Saturated Fat	1.5 g	8% <sup>†</sup>
Cholesterol	95 mg	32%
Total Carbohydrate	4 g	1%⁺
Dietary Fiber	0 g	0%†
Sugars	3 g	**
Protein	25 g	50%†
Calcium	300 mg	30%
Sodium	120 mg	5%

† Percent Daily Values are based on a 2,000 calorie diet. \*\*Daily Value not established.

Other Ingredients: Muscle building protein blend (whey protein concentrate, milk protein concentrate, whey protein isolate, milk protein isolate), granola (whole rolled oats, whole grain wheat, rice, corn syrup, almonds, molasses, modified corn starch, palm oil, cinnamon, nonfat milk, malt flavoring, polyglycerol esters of fatty acids, guar gum, BHT for freshness, vitamins and minerals: niacinamide, zinc oxide, pyridoxine hydrochloride (vitamin B6), sodium ascorbate (vitamin C), palmitate (vitamin A), reduced iron, riboflavin, folic acid, vitamin D, vitamin B12), natural and artificial flavor, cellulose gum, xanthan gum, carrageenan, sodium chloride, silicon dioxide, lecithin (from soy and / or sunflower), sucralose, acesulfame potassium, plycerol monostearate, and ProHydrolase® (proprietary/patented enzyme blend). Contain(s): Milk, soy, tree nuts (almonds), and wheat.

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, FISH, AND EGG.