Supplement Facts

Serving Size 1 Scoop (32g) Servings Per Container 21

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	126		Vitamin D (as cholecalciferol)	200IU	50%
Calories From Fat	18		Thiamin (as mononitrate)	740mcg	49%
Total Fat	2g	3%*	Riboflavin	850mcg	50%
Saturated Fat	1g	5%*	Niacin (as niacinamide)	10mg	50%
Cholesterol	44mg	15%*	Vitamin B6 (as pyridoxine HCl)	1mg	50%
Total Carbohydrates	3g	1%*	Vitamin B12 (as cyanocobalamin)	3mcg	50%
Sugars	1g	**	Biotin	75mcg	25%
Protein	24g	48%*	Calcium	245mg	25%
Vitamin A (as acetate)	2500IU	50%	Iron	450mcg	3%
Vitamin C (as ascorbic acid)	30mg	50%	Magnesium	100mg	25%
			Sodium	59mg	2%*

*** Percent Daily Values are based on a 2,000 calorie diet.**
**** Daily Values (DV) are not established.**

OTHER INGREDIENTS: Universal's Premium Protein Blend [consisting of whey protein concentrate (milk), calcium caseinate, sodium caseinate, egg white albumin, and non-fat dry milk], calcium lactate, natural and artificial flavor, lecithin (soy), magnesium oxide, acesulfame k, sucralose. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: Mix 1-2 level scoops in a blender with 12 ounces of your favorite beverage. Intense training requires a daily intake of about 1g of protein per 2.2 pounds of body weight.

WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recurrent headaches, glaucoma, difficulty urinating, prostate enlargement, seizure disorder, high blood pressure, high cholesterol, arthritis, heart disease, stroke, are pregnant, or are suffering from any inflammatory diseases. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. California Residents Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

*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.

Typical Amino Acid Profile *Grams of amino acids in 24g of pure protein.*

ESSENTIAL AMINO ACIDS		NON-ESSENTIAL AMINO ACIDS	
L-Leucine (branched chain)	2017 mg	L-Arginine†	889 mg
L-Isoleucine (branched chain)	1320 mg	L-Cysteine	72 mg
L-Valine (branched chain)	1583 mg	L-Alanine	663 mg
L-Lysine	1776 mg	L-Aspartic Acid	1512 mg
L-Threonine	1079 mg	L-Glutamic Acid	4701 mg
L-Methionine	603 mg	L-Glycine	551 mg
L-Phenylalanine	1176 mg	L-Proline	2447 mg
L-Tryptophan	372 mg	L-Serine	1374 mg
L-Histidine	675 mg	L-Tyrosine	1402 mg

† *Conditionally essential amino acid.*
The amino acids in this product are naturally occurring from the protein source. They are not added or manufactured.

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Part #300104580

MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By:
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UNIVERSAL

MILK & EGG™

VANILLA FLAVOR

Sustained Release Protein Supplement

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Universal's premium Milk & Egg Protein™ offers you the most advanced, highest quality protein formula available. Designed for serious bodybuilders and competitive athletes, this cutting-edge, low-fat formula gives you high-value protein and essential nutrients - for fueling gains of solid muscle mass. Universal's Milk & Egg Protein™ is formulated from carefully selected high-quality, premium protein sources (including calcium caseinate, lactalbumin, and egg white albumin). Milk & Egg Protein™ is loaded with essential vitamins, minerals and electrolytes. No other formula gives you so much to supplement your training and optimize performance. Plus Universal's Milk & Egg Protein™ contributes greatly to the promotion of a positive nitrogen balance within your body. As a great-tasting shake, Universal's Milk & Egg Protein™ is formulated to be easily-digestible and readily-utilized by your body. To optimize your gains and prevent catabolic effects schedule protein feedings every three hours.* **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.

Net Wt 1.5 lb (682 g) **Classic Combo of Two Superior Proteins | Enriched Protein Blend For Muscle Growth**

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