



# WHEY PROTEIN ISOLATE

<b>25g</b> PROTEIN	<b>0g</b> FAT	<b>0g</b> SUGAR	<b>44</b> SERVINGS
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**RICH CHOCOLATE**

NATURALLY & ARTIFICIALLY FLAVORED PROTEIN POWDER

**NET WT. 48 ozs. (3 lbs) (1.36 kg)**

## Nutrition Facts

Serving Size 1 Scoop (30.4g)  
Servings Per Container About 44

Amount Per Serving		Calories from Fat 0	
		% Daily Value	
<b>Total Fat</b> 0 g		<b>0%</b>	
Saturated Fat 0 g		<b>0%</b>	
Trans Fat 0 g		*	
<b>Cholesterol</b> 0 mg		<b>0%</b>	
<b>Sodium</b> 160 mg		<b>7%</b>	
<b>Potassium</b> 250 mg		<b>7%</b>	
<b>Total Carbohydrate</b> 2 g		<b>&lt;1%</b>	
Dietary Fiber <1 g		<b>4%</b>	
Sugars 0 g		*	
<b>Protein</b> 25 g		<b>50%</b>	
Vitamin A 0%	•	Vitamin C 0%	
Calcium 15%	•	Iron 4%	

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
\* Daily Value not established

	Calories:	2000	2500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Whey protein isolate, cocoa (alkali processed), natural and artificial flavor, salt, soy lecithin, potassium chloride, sucralose.

**Contains:** Milk and Soy.

**Does not contain:** Yeast, Wheat, Gluten, Sugar, Citrus, Fish, Preservatives or Artificial Colors.

## TYPICAL AMINO ACID PROFILE PER 25g OF PROTEIN

Alanine	1110 mg	Lysine*	2456 mg
Arginine	496 mg	Methionine*	543 mg
Aspartic Acid	2692 mg	Phenylalanine*	708 mg
Cystine	614 mg	Proline	1454 mg
Glutamine	4223 mg	Serine	1039 mg
Glycine	425 mg	Threonine*	1653 mg
Histidine*	401 mg	Tryptophan*	496 mg
Isoleucine <sup>††</sup>	1606 mg	Tyrosine	708 mg
Leucine <sup>††</sup>	2587 mg	Valine <sup>††</sup>	1336 mg

<sup>††</sup> Branched Chain Amino Acid      \*Essential Amino Acid

Add great tasting Whey Protein Isolate to your workout routine to fuel muscle development and achieve impressive gains in size and strength.

Provides all essential amino acids, including the BCAAs (Branched Chain Amino Acids) that are crucial to muscle growth.

An easy-mixing, delicious way to get the protein you need to reach your athletic and fitness goals.

Use it after exercise to promote lean muscle gains and support recovery when combined with resistance training.

Low lactose.

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

**DIRECTIONS:** Add one (1) scoop of Whey Protein Isolate powder to one (1) cup (8 oz.) of cold water, milk or your favorite beverage. Blend or shake until smooth.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**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.**

**This product is sold by weight, not by volume. Contents may settle during shipping and handling.**

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

**Distributed by: Vitamin Shoppe, Inc.  
Secaucus, NJ 07094  
Visit [www.bodytech.com](http://www.bodytech.com)  
or call 1-800-223-1216  
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