

Scan for
product info

Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Mix one (1) level scoop once or twice daily with water, milk or juice (4 to 8 oz.), or as recommended by a healthcare practitioner. Drink immediately.

CAUTION: If you have significant kidney or liver disease, please consult your healthcare practitioner before using this product.

Store tightly closed in a cool, dry place.

WARNINGS:

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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.

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Provon® is a registered trademark of Glanbia Nutritionals, Inc.



QE01746F

Typical Amino Acid Profile
(Approximate g per serving):

Alanine	0.80g
Arginine	0.28g
Aspartic Acid	1.56g
Cysteine	0.32g
Glutamic Acid	2.13g
Glycine	0.26g
Histidine	0.17g
Isoleucine	0.93g
Leucine	1.39g
Lysine	1.21g
Methionine	0.28g
Phenylalanine	0.40g
Proline	0.87g
Serine	0.65g
Threonine	1.05g
Tryptophan	0.12g
Tyrosine	0.34g
Valine	0.83g

*Density may fluctuate but the content weight is as stated.

LifeExtension®

Creatine Whey Glutamine Powder Natural Vanilla Flavor



From Cows Not Treated with Growth Hormone (rBST)

Dietary
Supplement



Net Wt. 454 g
(1 lb. or 16 oz.)

Supplement Facts

Serving Size 1 Scoop (approx. 23 g)

Servings Per Container About 20

Amount Per Serving	% Daily Value
Calories 60	
Cholesterol <5 mg	2%†
Sodium 40 mg	2%†
Potassium 60 mg	2%†
Total Carbohydrate 1 g	2%†
Protein 14 g	
Calcium 70 mg	7%†
Phosphorus 34 mg	3%†
Magnesium 12 mg	3%†
L-Glutamine 3 g	**
Creapure® Creatine monohydrate 2 g	**

**Daily Value not established.

†Based on a 2,000 calorie diet.

Manufactured for: Quality Supplements and Vitamins, Inc.
Ft. Lauderdale, FL 33309 • LifeExtension.com
To report a serious adverse event or obtain product information,
contact 1-866-280-2852.

Ingredients: Provon® 292 rBST Free whey protein isolate, sunflower oil powder, maltodextrin, arabic gum, natural vanilla and caramel flavors, soy lecithin, stevia extract, guar gum, xanthan gum, rice starch, modified food starch, monk fruit extract.
Contains milk and soybeans.