



# WHEY PROTEIN ISOLATE

<b>25g</b> PROTEIN	<b>0g</b> FAT	<b>0g</b> SUGAR	<b>47</b> SERVINGS
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**FRENCH VANILLA**

NATURALLY & ARTIFICIALLY FLAVORED PROTEIN POWDER

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

## Nutrition Facts

Serving Size 1 Scoop (28.8 g)  
Servings Per Container About 47

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>	100 mg			<b>4%</b>
<b>Potassium</b>	210 mg			<b>6%</b>
<b>Total Carbohydrate</b>	1 g			<b>&lt;1%</b>
Dietary Fiber	0 g			<b>0%</b>
Sugars	0 g			
<b>Protein</b>	25 g			<b>50%</b>
Vitamin A	0%	•	Vitamin C	0%
Calcium	15%	•	Iron	0%

† Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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, natural and artificial flavor, soy lecithin, potassium chloride, salt, sucralose, silicon dioxide.

**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	1125 mg	Lysine*	2490 mg
Arginine	503 mg	Methionine*	551 mg
Aspartic Acid	2729 mg	Phenylalanine*	718 mg
Cystine	623 mg	Proline	1412 mg
Glutamine	4189 mg	Serine	1053 mg
Glycine	431 mg	Threonine*	1676 mg
Histidine*	407 mg	Tryptophan*	503 mg
Isoleucine <sup>††*</sup>	1628 mg	Tyrosine	718 mg
Leucine <sup>††*</sup>	2562 mg	Valine <sup>††*</sup>	1293 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 (28.8 g) 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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