

ALL-IN-ONE WHEY PLUS GREENS

From the brand that has brought you 20 years of innovation comes a breakthrough in functional protein formulations. MuscleTech® All-In-One Whey Plus Greens is the next-generation 100% whey protein complete nutritional smoothie with everything you need in one delicious serving – including greens, vitamins, fiber, omegas and probiotics. All-In-One Whey Plus Greens is a 7-in-1 formulation that not only delivers high-quality and highly bioavailable protein sources, but also nutrients and energy, plus greens from spinach, kale and broccoli. Supplying 25g of protein, 5g of fiber, 20 vitamins and minerals, 1 billion CFU probiotics and only 4.5g of fat, this complete nutritional smoothie delivers everything you want to fuel your healthy, active lifestyle.

START YOUR DAY WITH A HEALTHY BOOST

Premium Protein 25g

Made from the highest quality whey protein isolate and hydrolyzed whey peptides to help build lean muscle.* This is the same amount of protein as approximately 7 large egg whites.

Greens 6 Servings

Concentrated greens blend of spinach, broccoli and kale – the same amount of greens as 6 cups of spinach.

Fiber 5g

Contains 5g of soluble and insoluble fiber from inulin and flax. This is the same amount of fiber as 2.7 slices of whole wheat bread.

Added Omega-3s 1.0g

Essential fatty acids from flaxseed. Contains the same amount as 5 servings of canned light tuna.

20 Vitamins and Minerals

A good source of 20 vitamins and minerals.

CFU Probiotics 1 Billion

Contains probiotics – the same amount as 1 cup of popular probiotic yogurts.

Antioxidants

Every serving delivers the antioxidant vitamin C equivalent of 7 servings of fruits and vegetables – as much as in a typical serving of apples, broccoli, oranges, kale, strawberries, spinach and blueberries combined.

170
CALORIES

2g
SUGAR

**ON-THE-
GO**
NUTRITION

**PERFECT
FOR
SMOOTHIES**

See Supplement Facts
for cholesterol content.

NEW!



PERFORMANCE SERIES

**7-IN-1 COMPLETE
NUTRITIONAL
SMOOTHIE**

all-in-one WHEY + GREENS

**100% WHEY PROTEIN WITH
GREENS, VITAMINS, FIBER, OMEGAS & PROBIOTICS**

**FEATURES WHEY
PEPTIDES & ISOLATE**

**GREAT-TASTING
ON-THE-GO
PROTEIN SMOOTHIE**

25g
Protein

6
Servings
of Greens

5g
Fiber

1g
Omega-3s

20
Vitamins
and Minerals

1 Billion
CFU Probiotics

MILK CHOCOLATE

NATURAL FLAVORS

DIETARY SUPPLEMENT NET WT. 2.00 lbs. (907g)

Supplement Facts

Serving Size: 1 Scoop (43g)
Servings Per Container: Approx. 21

Amount Per Serving	% Daily Value
Calories	170
Calories from Fat	40
Total Fat	4.5g 7%*
Saturated Fat	1.5g 8%*
Cholesterol	70mg 23%
Total Carbohydrate	8g 3%*
Dietary Fiber	5g 20%*
Sugars	2g †
Protein	25g 50%*
Vitamin A (as vitamin A palmitate)	2,450 IU 49%
Vitamin C	300mg 500%
Vitamin D (as cholecalciferol)	198 IU 50%
Vitamin E (as D-alpha tocopheryl acetate)	16 IU 53%
Vitamin K (as phytonadione)	15mcg 19%
Thiamin (as thiamin mononitrate)	1.5mg 100%
Riboflavin	1.5mg 88%
Niacin (as niacinamide)	10.5mg 53%
Vitamin B6 (as pyridoxine hydrochloride)	1.5mg 75%
Folic acid	198mcg 50%
Vitamin B12 (as cyanocobalamin)	3mcg 50%
Biotin	158mcg 53%
Pantothenic acid (as calcium D-pantothenate)	4.5mg 45%
Calcium	180mg 18%
Iron	13mg 72%
Iodine (as potassium iodide)	79.7mcg 53%
Zinc (as zinc oxide)	5.9mg 39%
Selenium (as selenomethionine)	15mcg 21%
Copper (as copper sulfate)	1.5mg 75%
Chromium (as chromium chloride)	156mcg 130%
Sodium	130mg 5%
Fiber Blend	7.62g †
Flax (as <i>Linum usitatissimum</i>) (seed)	4.35g †
Supplying fiber and omega-3	
Inulin fiber (as <i>Cichorium intybus</i>) (root)	3.47g †
Probiotic Blend	1 billion CFU †
<i>Bifidobacterium lactis</i> BL-04	900 million CFU †
<i>Lactobacillus acidophilus</i> NCFM	100 million CFU †

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

Other Ingredients: Premium Protein Blend (Whey Peptides, Whey Protein Isolate, Whey Protein Isolate 97%), Cocoa Powder (Processed with Alkali), Natural Flavors, **Concentrated Veggie Blend** (Spinach Leaf Extract, Broccoli Florets, Kale Leaf), Ascorbic Acid, Medium Chain Triglycerides, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Silicon Dioxide, Ferric Orthophosphate, Rebudioside A (Stevia Extract). **Contains milk, soy and coconut ingredients. Processed in a facility that processes wheat, egg, tree nut, peanut, fish and shellfish ingredients.**

Directions: Mix 1 serving (1 scoop) with 8 oz. of cold water or skim milk in a glass or shaker cup once daily. Read the entire label before use and follow directions provided.

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Women of childbearing age should limit their daily intake of vitamin A to 10,000 IU. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

Do not use if packaging has been tampered with. Store in a cool dry place (60°F to 80°F).

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

▲ 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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19801. Made in the U.S.A.
from domestic and
international ingredients.

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For lot no. and expiry date:
see bottle.

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