



SPORTS NUTRITION

PROTEIN PROMOTES MUSCLE REPAIR & GROWTH
Your protein intake needs to increase especially after exercise.



MEAL REPLACEMENT

Short on time? Add your favorite fruit, or yogurt, or a scoop of peanut butter and make a quick meal replacement protein shake to go...



HEALTHY COOKING

1Up Whey Protein Powder is more than just a delicious, high-quality protein blend. Every flavor is an amazing complementary ingredient for your creative baking needs.



1UP WHEY

100% HYDROLYZED WHEY PROTEIN ISOLATE & CONCENTRATE



25g
PROTEIN

1g
CARBS

5.3g
BCAA'S

2.06 LBS.
NET WT.



PROMOTES LEAN MUSCLE GROWTH *
SUPPORTS MUSCLE RECOVERY *
IMPROVES STRENGTH *

Directions: As a dietary supplement, take 1 scoop with 6-7 oz of water or milk and stir, shake or blend for 30 seconds before or after workout or as a meal replacement.

Supplement Facts

Serving Size: 1 Scoop (33.5g) Serving per Container: 28

| Ingredients | Amount Per Serving (mg) | %Daily Value* |
|--------------------|-------------------------|---------------|
| Calories | 110 | |
| Calories from Fat | 5 | |
| Total Fat | 2 g | 0% |
| Saturated Fat | 1 g | 0% |
| Cholesterol | 5 mg | 2% |
| Sodium | 95 mg | 4% |
| Total Carbohydrate | 1 g | 0% |
| Dietary Fiber | 0 g | 0% |
| Sugars | 0 g | 0% |
| Protein | 25 g | 50% |
| Vitamin A | | 0% |
| Vitamin C | | 0% |
| Calcium | | 15% |
| Iron | | 0% |

* Based on a 2,000 calorie diet
** Daily Values not established
Essential Amino Acids (EAAs)
† Branched Chained Amino Acids (BCAAs)

Ingredients: Whey Protein Concentrate & Hydrolyzed Whey Protein Isolate, Natural & Artificial Flavors, Lecithin & Sucralose, Xanthan Gum.

Amino Acid Profile Per Serving

| | |
|------------------------|----------|
| L-Alanine | 1,142 mg |
| L-Aspartic Acid | 2,639 mg |
| L-Glutamic Acid | 4,145 mg |
| Leucine (BCAA) †# | 2,532 mg |
| L-Tyrosine | 728 mg |
| L-Arginine | 619 mg |
| L-Cystine | 497 mg |
| L-Glycine | 521 mg |
| L-Isoleucine (BCAA) †# | 1,471 mg |
| L-Lysine # | 2,183 mg |
| L-Phenylalanine # | 815 mg |
| L-Serine | 1,334 mg |
| L-Tryptophan # | 530 mg |
| L-Valine (BCAA) †# | 1,372 mg |
| L-Histidine | 477 mg |
| L-Methionine # | 571 mg |
| L-Proline | 1,774 mg |
| L-Threonine # | 1,648 mg |



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Allergen warning: Manufactured on equipment which processes products containing Milk, Eggs, Soy Beans, Fish Oil, Tree Nuts and Peanuts.

Warning: If you are pregnant or nursing, consult your doctor before using this or any other Dietary Supplements. Keep out of reach of children. Store in cool, dry and dark place.

* 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.