



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



1UP
NUTRITION

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

25g
PROTEIN

5.3g
BCAA'S

2.06 LBS.
NET WT.

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 (38.5g) Serving per Container Approx.: 24

Ingredients	Amount Per Serving (mg)	%Daily Value*
Calories	138	
Calories from Fat	18	
Total Fat	2 g	3%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	98 mg	4%
Potassium	310 mg	9%
Total Carbohydrate	5 g	2%
Dietary Fiber	0 g	
Sugars	4 g	
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, Lecithin, Coconut Powder, Sucralose, Xanthan Gum, Natural & Artificial Flavors.		

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.