EXCELLENT SOURCE OF FIBER (FIBERSOL®-2)

**SUGGESTED USE:†** Take 1-2 scoops daily with 10-12 ounces of cold water or your favorite beverage. For best results, take 1 scoop before and after workouts.

For a delicious low-glycemic alternative, try blending 1 scoop of PW-30™ and 10-12 oz. of nonfat milk (adding 8 grams of whole milk proteins to your daily diet) and 1/2 cup of unsweetened cherries.

It is important to drink an additional 12 - 20 oz. of water within 1 hour after ingesting a protein drink to aid in digestion.

**WHAT IS PW- 30™?**

**PW- 30™** is a specific blend of 4 high quality natural proteins from Whey Isolate, Whey Concentrate, Potassium Caseinate, and Egg Albumin providing an "extended release" protein profile. The different absorption rates for the proteins allow for a more extended "feeding time" and a more complete amino acid pool for the working muscles.†

**WHAT DOES PW- 30™ CONTAIN?**

**PW- 30™** contains a full spectrum vitamin mineral blend to aid in muscle nourishment as well as a digestive enzymes complex to ensure maximum digestion and alleviate bloating, commonly associated with protein. **PW- 30™** is high in branch chain amino acids and contains 7 Grams of Glutamine for maximum recovery.†

**WHY IS CLA ADDED?**

Conjugated Linoleic Acid (CLA) works to block certain enzymes that let fat cells swell. This process helps control our bodies weight.†

**WARNING:** KEEP OUT OF REACH OF CHILDREN. Consult a physician before using this product. Store in a cool, dry place 15°-30°C (59°-86°F). Do not use if tamper-evident seal is broken.

| PROTEIN SOURCE | |
|---|---|
| 40% | Whey Proteins |
| 10% | Soy Peptides |
| 9% | Protein Enriched Flavors |
| 4% | Free Form Amino Acids |
| 2% | Egg Albumin |
| 2% | Potassium Caseinate |

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† 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.

TRAIN LIKE A MACHINE

SNI RING OF CONFIDENCE

NEW AND IMPROVED

HARDCORE SERIES

# PRO WHEY PW-30

- 30 Grams Protein/Serving
- Sustain Release Isolate Blend
- Full Spectrum Vitamin Mineral
- Contains Fat Incinerating CLA
- 7 Grams of Glutamine per Serving

**CHOCOLATE FUDGE BROWNIE**

DIETARY SUPPLEMENT

2LBS (908G)

## SUPPLEMENT FACTS

Serving Size: 1 Scoop (45g)
Servings per container: Approx. 20

| Amount Per Serving | | |
|---|---|---|
| Calories 145 | Calories from fat 9 | |
| | | % Daily Value* |
| Total Fat | 1g | 2% |
| Saturated Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 100mg | 4% |
| Total Carbohydrates | 8.6g | 2% |
| Sugars | 1g | |
| Dietary Fiber | 5g | |
| Protein | 30g | |

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

**Typical Amino Acid Profile per Serving (1 Scoop)**

| | |
|---|---|
| L-Aspartate | 1.30g |
| L-Serine | 1.02g |
| L-Histidine | 1.45g |
| L-Threonine* | 1.39g |
| L-Proline | 1.18g |
| L-Tyrosine | 0.65g |
| L-Valine* (BCAA) | 2.44g |
| L-Methionine* | 1.45g |
| L-Cysteine | 0.54g |
| L-Glutamic Acid | 3.14g |
| L-Glutamine | 4.00g |
| L-Glycine | 0.45g |
| L-Arginine | 1.51g |
| L-Alanine | 1.05g |
| L-Leucine* (BCAA) | 3.47g |
| L-Phenylalanine* | 0.74g |
| L-Tryptophan* | 0.39g |
| L-Lysine* | 1.35g |
| L-Isoleucine* (BCAA) | 2.50g |

*Essential Amino Acid

**INGREDIENTS:** PW30 Protein Metric Whey Protein Concentrate, Instantized Whey Protein Peptides, Cross Flow Microfiltered Whey Protein Isolate, Egg Albumin, Potassium Caseinate, FiberSol®- 2 (Maltodextrin), Cocoa Powder, Soy Lecithin, Natural and Artificial Flavors, Cane Sugar, Sodium, L-Taurine, Cellulose Gum, Xanthan Gum, Carrageenan Gum, SNI Performance Multi Blend: (Conjugated Linoleic Acid, Lactase, Vitamin A (beta carotene), Vitamin C (ascorbic acid), Vitamin D (calciferol), Vitamin E (d-a-tocopheryl-acetate), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Pantothenic Acid (Calcium Pantothenate), Vitamin B6 (Pyridoxine HCl), Vitamin B12 (Cyanocobalamin), Biotin, Folic Acid, Calcium (Carbonate/Oxide), Magnesium (Citrate/Oxide), Zinc (Aspartate/Oxide), Potassium (Chloride/Phosphate), Copper (Chelate), Molybdenum (Sodium Molybdate), Selenium (as selenium Yeast), Iron (Ferrous Sulfate), Phosphorus (Oxide), Kelp (Natural source of Iodine), Chromium (Picolinate), Manganese (Gluconate)) Sucralose.

Contains Milk, Egg & Soy Ingredients

Manufactured exclusively for:

SNI RING OF CONFIDENCE
53 E. Merrick Road #218, Freeport, NY 11520
Questions/Comments: 1(888) 663-1113 www.snigloal.com

Made in the USA