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 protains 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 enzyme 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

COOKIES & CREAM

DIETARY SUPPLEMENT

2LBS (908G)

SUPPLEMENT FACTS

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

Amount Per Serving		
Calories 170	Calories from fat 27	
		% Daily Value*
Total Fat	3g	5%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	100mg	4%
Total Carbohydrates	5g	3%
Sugars	3g	
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	1.16g
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, Cream Filled Chocolate Cookie Crumbs, Cane Sugar, Sodium, L-Taurine, Cellulose Gum, Xanthan Gum, Carrageenan Gum, SNI Performance Mulit 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), Panthothetic 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