Supplement Facts

Serving Size 2.5 Scoops (83g) Servings Per Container 15

Amount Per Serving		%DV	Amount Per Serving		%DV
Calories	270		Phosphorus	268mg	38%
Calories from Fat	32		Magnesium (as magnesium oxide)	304mg	101%
Total Fat	7.4g	4% *	Chromium (as chromium chloride)	714mcg	595%
Saturated Fat	1.4g	7% *	Sodium	149mg	6% *
Total Carbohydrate	35g	11% *	Potassium	378mg	10% *
Sugars	35g	*	Choline	50mg	*
Protein	30g	64% *	Creatine Monohydrate	6.5g	**
Vitamin C (as ascorbic acid)	60mg	100% *	Glutamine (as L-glutamine)	2.5g	**
Niacin (as niacinamide)	20mg	100% *	Taurine (as L-taurine)	1.2g	**

* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Values (DV) are not established.

OTHER INGREDIENTS: Ultra and microfiltrated whey proteins (milk) (containing peptide-rich lactoglobulin, lactalbumin, immunoglobulins and lactoferrin), GlycoGain Complex (dextrose and glucose polymers), maltodextrin, artificial flavor, citric acid, soy lecithin (soy), potassium phosphate, dicalcium phosphate, sucralose, carmine. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

INGREDIENT NOTES: Phenylketonurics: Contains Phenylalanine.

Our peptide-rich whey protein contains: 45-50% Beta-Lactoglobulin (β-Lg), 18-20% Alpha-Lactalbumin (α-Lac), 10% Glycomacropeptide (GMP), 10% Immunoglobulins (IgG), 3-4% Bovine Serum Albumin (BSA), 1% Lactoferrin, 1% Lactoperoxidase, 1% Proteose-Peptones.

DOSAGE: For maximum benefit, take one serving of LAVA™ immediately after training.

WARNING: This product is not for use by any individual under the age of 18. Please consult with a physician before using this product. Do not take this product if you have or are at risk for any medical condition or disease including but not limited to diabetes, asthma, depression, recurrent headaches, glaucoma, difficulty urinating, prostate enlargement, seizure disorder, high blood pressure, high cholesterol, arthritis, heart disease, stroke, are pregnant, or are suffering from any inflammatory disease. Be sure to read and follow all directions and warnings on the label of this product. Do not exceed the recommended dose of this or any supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, nervousness, tremors, nervousness, agitation, headache, heart palpitations, or any side effects occur. Discontinue use two weeks prior to surgery. The use of this product may be banned by some athletic associations. Athletes should consult with their sanctioning authority before use. California Residents: Proposition 65 Warning: This product contains a substance known to the State of California to cause birth defects or other reproductive harm. Exercise good judgment and keep this out of reach of children. Store this product in a cool, dry place, away from heat, moisture and sunlight. Do not exceed recommended dose.

* 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.

Typical Amino Acid Profile *Grams of amino acids in 83g of pure protein.*

ESSENTIAL AMINO ACIDS		NON-ESSENTIAL AMINO ACIDS*	
L-Leucine (BCAA)	11g	L-Arginine ††	1.0g
L-Isoleucine (BCAA)	5.0g	L-Cystine	2.1g
L-Valine (BCAA)	5.0g	L-Aspartic Acid	11.7g
L-Threonine	4.6g	L-Alanine	4.9g
L-Lysine	9.0g	L-Glutamic Acid	16.0g
L-Phenylalanine	3.8g	L-Serine	7.1g
L-Tryptophan	1.2g	L-Proline	6.1g
L-Methionine	1.2g	L-Glycine	1.6g
L-Histidine	1.2g	L-Tyrosine	5.1g

* Or dispensable to essential amino acid

†† Or dispensable to the production but vitally necessary from the protein source. *The are not alkali or hydrolyzed.*

MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured by:

Universal Nutrition
One Universal Way
New Brunswick, New Jersey 08901
800-628-2822 • 732-846-0120
www.UniversalUSA.com

LAVA™

ORANGE SLUSH

PWO Muscle Growth Supplement Net Wt. 2.75lb (1.25kg) Lean Mass Anabolic Volume Accelerator | The Perfect All-In-One Post-Workout Muscle Growth Formula

#0314-0-32701

WHO WE ARE Universal Nutrition has been providing cutting edge and staple nutritional supplements to bodybuilders and hard training athletes the world over since 1977. As time passes, certain ideals never go out of style. Honesty. Integrity. Respect. These are the values we uphold and are the bedrock upon which we built our business. **WHAT IT IS** Regarding nutrition, one thing is perfectly clear: study after study reveals that strength athletes need two things: (1) carbs to fuel intense, anaerobic workouts and (2) protein to build new muscle. The perfect growth food needs to satisfy these two basic requirements. LAVA™ contains a sophisticated yet precise 1:1 ratio of the highest-quality carbs and proteins available. For starters, LAVA™ has 32g of super-premium whey protein per serving. Better quality protein means better results. We're talking the freshest ultra and micro-filtrated whey protein concentrate containing valuable microfractions. Protein is needed after exercise to kick start protein synthesis and rebuild damaged muscles. To that we've added our GlycoCarb Complex which utilizes medium to high glycemic-index (GI) carbs. The high-end GI carbs ensure maximum creatine and protein uptake. The medium-end GI carbs provides long lasting energy. But we didn't leave well enough alone. We've also spiked LAVA™ with 5.5 grams of the purest creatine in the world. Now throw in a scientifically-balanced matrix composed of important amino acids like glutamine and taurine, key mineral, electrolyte and phosphate co-factors such as chromium, magnesium, sodium, potassium and phosphorous and the specialized anticoxidant vitamin C and you get the most advanced nutrition formula for helping fuel muscle growth. It's that simple. For explosive gains, nothing compares to LAVA™. **HOW WE BACK IT UP** What is on the label is in the bottle and what is in the bottle will help you reach your goals. We believe it and proudly stand behind every product we manufacture. Our word is our bond.