Supplement Facts

Serving Size 1 Scoop (30g) Servings Per Container 15

Amount Per Serving		% DV
Calories	113	
Calories from Fat	9	
Total Fat	1g	2%*
Saturated Fat	.9g	4%
Total Carbohydrate	16g	5%*
Sugars	6g	**
Protein	10g	20%*
Vitamin A	1050 IU	21%
Vitamin C	21mg	35%
Vitamin D	64 IU	16%
Vitamin E	6.3 IU	21%
Thiamin	320mcg	21%
Riboflavin	360mcg	21%
Vitamin B6	420mcg	21%
Folic Acid	80mcg	20%
Vitamin B12	12mcg	200%
Biotin	60mcg	20%
Pantothenic Acid	3.2mg	32%
Calcium	200mg	20%
Iron	1mg	6%

Amount Per Serving		% DV
Phosphorus	58mg	6%
Magnesium	80mg	20%
Zinc	1.5mg	10%
Selenium	50mcg	71%
Copper	200mcg	10%
Manganese	1mg	50%
Chromium	20mcg	17%
Molybdenum	20mcg	27%
Potassium	245mg	7%
Carnitine Complex	5mg	**
Carnosine	2mg	**
Choline Bitartrate	30mg	**
Medium Chain Triglycerides (MCT)	400mg	**
Inosine	25mg	**
Phytosterols (providing beta sitosterol, campesterol, other sterols)	180mcg	**
Alpha-Lipoic Acid	10mcg	**
Papain	5mg	**
Bromelain	4mg	**

**No Daily Value established * Percent Daily Value based on a 2000 calorie diet

OTHER INGREDIENTS: High Performance Carbohydrate Complex (glucose polymers, fructose, dextrose), Power Protein Blend (whey protein (milk), soy protein isolate, egg white albumin), vanilla flavor, calcium carbonate, potassium chloride, magnesium oxide, lecithin (soy), sodium selenite, ascorbic acid, folic acid, biotin, d-alpha tocopheryl succinate, L-carnitine, chromium chloride, d-calcium pantothenate, beta carotene, manganese sulfate, iron sulfate, zinc oxide cyanocobalamin, cholecalciferol, pyridoxine HCl, copper sulfate, thiamin mononitrate, riboflavin, sodium molybdate. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

DOSAGE: As a dietary supplement, mix 1 rounded scoop in with your choice of 12 ounces of water, milk or other beverage. For best results, take 1 serving 1 hour before training and 1 serving 45 minutes after. Competitive bodybuilders and powerlifters should take 1g of protein per 1kg of body weight.

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 diseases. Be sure to talk to your physician before using this product if you are using any prescription drug, over-the-counter medication, or supplements. Not for use by children, patients, pregnant or nursing women. Immediately discontinue use and consult your physician if dizziness, sleeplessness, 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.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a physician or Poison Control Center immediately.

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Plant #3001104980

UNIVERSAL®

POWER PROTEIN™

VANILLA FLAVOR

Dietary Supplement

Net Wt 1 lb (455g)

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** Universal Power Protein™ offers serious bodybuilders and athletes a perfectly balanced combination of the highest quality premium protein plus essential vitamins, minerals, anti-oxidants, electrolytes, lipotropics, advanced metabolic optimizers and high performance complex carbohydrates. Power Protein™ forges your body with superior nutrients that fuel your muscles for increased power, prolonged endurance and enhanced recovery from intense training. Power Protein™ provides key dosages of essential amino acids (including the three branched chain amino acids L-leucine, L-isoleucine and L-valine) derived from Universal's advanced protein complex.* **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.

Premium Protein Plus Powerful Nutrients | The Ultimate Protein Formula | High Performance Complex Carbohydrates

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