

*Chocolate Flavored*  
~ WHEY-BASED PROTEIN ~

**110**  
CALORIES  
PER SERVING

**18g**  
PROTEIN  
PER SERVING

**RICH**  
IN NUTRIENTS

  
**NO**  
ADDED SOY

  
**GLUTEN**  
FREE

  
**NO**  
ASPARTAME

21<sup>ST</sup> Century HealthCare ReNourish is made with natural, whey-based protein and is uniquely formulated for superior performance. Our delicious chocolate whey protein is naturally flavored with no aspartame or added soy. Our high protein formula helps satisfy hunger and aids in building lean muscle.\*

**DIRECTIONS FOR USE:** Can be used as a low calorie snack or a post-workout drink. As a dietary supplement, mix two (2) scoops of whey protein with 3/4 cup (6 fl oz) of cold water or milk. Stir/blend until dissolved. For a smoothie blend, add fruits, vegetables and yogurt.

**WARNINGS:** Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Discontinue use and contact a physician if adverse reactions occur.

**KEEP OUT OF REACH OF CHILDREN.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Yeast or Preservatives.

**21<sup>ST</sup> Century ReNourish is 100% whey-based protein using the highest quality whey proteins instantized for easier mixing.**

**USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.**

Whey protein is for anyone who desires additional protein in their daily diet. This product should not be used as a sole source of nutrition.

**CONTENTS ARE SOLD BY WEIGHT. SOME SETTLING MAY OCCUR.**

\*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.

21<sup>ST</sup>  
CENTURY  
RE>NOURISH™

whey  
protein  
100% WHEY-BASED PROTEIN  
PLUS ESSENTIAL B-VITAMINS & MINERALS

**110**  
CALORIES  
PER SERVING

**18g**  
PROTEIN  
PER SERVING

NATURALLY FLAVORED  
*Chocolate*



 **GLUTEN FREE**  **NO ADDED SOY**

PROTEIN SUPPLEMENT NET WT. 1 LB (16 OZ.) (454 g)

## Supplement Facts

Servings Size: 2 Level Scoops (30g)

Servings Per Container: 15

| Amount Per Serving                            |        | % DV** |
|-----------------------------------------------|--------|--------|
| Calories                                      | 110    |        |
| Calories from Fat                             | 19     |        |
| Total Fat                                     | 2 g    | 3%     |
| Saturated Fat                                 | 1 g    | 5%     |
| Trans Fat                                     | 0 g    |        |
| Cholesterol                                   | 51 mg  | 17%    |
| Sodium                                        | 80 mg  | 3%     |
| Potassium                                     | 180 mg | 5%     |
| Total Carbohydrate                            | 5 g    | 2%     |
| Dietary Fiber                                 | 2 g    | 8%     |
| Sugars                                        | 3 g    |        |
| Protein                                       | 18 g   | 36%    |
| Calcium (as Dicalcium Phosphate)              | 200 mg | 20%    |
| Vitamin D (as D <sub>3</sub> Cholecalciferol) | 200 IU | 50%    |
| Thiamin (as Thiamin Hydrochloride)            | 1.5 mg | 100%   |
| Riboflavin (Vitamin B-2)                      | 1.7 mg | 100%   |
| Vitamin B-6 (as Pyridoxine Hydrochloride)     | 2 mg   | 100%   |
| Pantothenic Acid (as d-Calcium Pantothenate)  | 10 mg  | 100%   |
| Phosphorus (as Dicalcium Phosphate)           | 150 mg | 15%    |
| Magnesium (as Magnesium Oxide)                | 100 mg | 25%    |
| Zinc (as Zinc Gluconate)                      | 5 mg   | 33%    |

Not a significant source of Vitamin A, C and Iron.

\*\* Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa, Fructose, Sunflower Oil, Xanthan Gum, Natural Flavors, Sucralose. **Contains milk ingredients.**

**Manufactured in a facility that also produces soy products.**



Proudly Manufactured by  
**21<sup>ST</sup> Century HealthCare, Inc.**  
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