

**A POWERFUL BLEND OF 100% PREMIUM WHEY PROTEIN ENHANCED WITH AMINO ACIDS GIVES YOU STRENGTH FOR INTENSE TRAINING, HELPS REBUILD LEAN MUSCLE FASTER AND SUPPORTS FASTER RECOVERY AFTER HIGH-INTENSITY WORKOUTS.\***

**20g PROTEIN** > **130 CALORIES** > **0 GLUTEN ADDED SOY**

**SUPPORT TO BUILD LEAN MUSCLE & STRENGTH\***

**INTENSE PERFORMANCE TRAINING AID\***

**IMPROVE TRAINING RECOVERY\***

**EACH SCOOP PROVIDES QUALITY CREATINE MONOHYDRATE, L-GLUTAMINE AND L-TAURINE TO HELP INCREASE STRENGTH AND ENDURANCE.\***

**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.

**DIRECTIONS FOR USE:** FOR ADULTS, ADD TWO (2) SCOOPS TO 6-8 OUNCES OR FOUR (4) SCOOPS TO 14-16 OUNCES OF YOUR FAVORITE BEVERAGE. CONSUME WITHIN 10 MINUTES AFTER MIXING. TAKE THIS PRODUCT WITH AN ADEQUATE DAILY FLUID INTAKE. WHEY PROTEIN CAN BE TAKEN IMMEDIATELY FOLLOWING EXERCISE OR AS NEEDED THROUGHOUT THE DAY IN ORDER TO MEET YOUR DAILY PROTEIN REQUIREMENTS. INDIVIDUAL RESULTS MAY VARY.

**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.

**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**<sup>®</sup>

**SPORT**

# WHEY PROTEIN

**PREMIUM INSTANTIZED PROTEIN BLEND**

**ENHANCES MUSCLE GROWTH & FASTER RECOVERY TIME\***

**GLUTEN FREE : ZERO ADDED SOY**

**VANILLA** NATURALLY FLAVORED

**3g POWER BLEND** **20g PROTEIN**

1 PER SERVING

**PROTEIN SUPPLEMENT**

**NET WT. 2 LBS (32 OZ.) (908 g)**

**PERFORMANCE**

## Supplement Facts

Servings Size: 2 Level Scoops (36 g)  
Servings Per Container: 25

Amount Per Serving		% DV**
Calories	130	
Calories from Fat	26	
Total Fat	3 g	5%**
Saturated Fat	1 g	5%**
Cholesterol	55 mg	18%
Sodium	85 mg	2%
Total Carbohydrate	7 g	2%**
Dietary Fiber	3 g	12%**
Sugars	4 g	***
Protein	20 g	40%**
Calcium (as Dicalcium Phosphate)	85 mg	8%
Iron (as Ferrous Fumarate)	.4 mg	2%
Phosphorus (as Dicalcium Phosphate)	65 mg	7%
Magnesium (as Magnesium Oxide)	20 mg	5%
Zinc (as Zinc Gluconate)	.07 mg	<1%
Copper (as Copper Gluconate)	.04 mg	2%
Potassium (as Potassium Chloride)	170 mg	5%
<b>ReNourish Power Blend</b>	3 g	***
Creatine Monohydrate		***
L-Taurine		***
L-Glutamine		***

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

**OTHER INGREDIENTS:** WHEY PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), FRUCTOSE, SUNFLOWER OIL, CREATINE MONOHYDRATE, L-TAURINE, L-GLUTAMINE, XANTHAN GUM, NATURAL FLAVORS, SUCRALOSE.

**CONTAINS MILK INGREDIENTS. MADE IN A FACILITY THAT ALSO PRODUCES SOY PRODUCTS.**



**Proudly Manufactured by**  
**21<sup>ST</sup> Century HealthCare, Inc.**  
2119 S. Wilson St., Tempe, AZ 85282 USA  
21stcenturyvitamins.com 0416

