

Supplement Facts

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

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories 113		Magnesium 85mg	21%
Calories from Fat 13		Zinc 1.5mg	10%
Total Fat 1.4g	3%*	Selenium 40mcg	71%
Saturated Fat 0g	0%	Copper 200mcg	10%
Total Carbohydrate 15g	5%*	Manganese 1mg	50%
Sugars 5.8g	**	Chromium 20mcg	17%
Protein 10g	20%*	Molybdenum 20mcg	27%
Vitamin A 1950 IU	21%	Sodium 60mg	3%
Vitamin C 21mg	36%	Potassium 268mg	8%
Vitamin D 64 IU	16%		
Vitamin E 8.3 IU	21%	Carboline Complex 5mg	**
Thiamin 320mcg	21%	Carnosine 2mg	**
Riboflavin 360mcg	21%	Choline Bitartrate 30mg	**
Vitamin B6 420mcg	21%	Medium Chain Triglycerides (MCT)	**
Folic Acid 80mcg	20%	Inosine 25mg	**
Vitamin B12 12mcg	200%	Phytosterols 180mg	**
Biotin 60mcg	20%	(providing beta-sitosterol)	
Pantothenic Acid 3.2mg	20%	Alpha-Lipoic Acid 10mg	**
Calcium 200mg	20%	Papain 5mg	**
Iron 4mg	21%	Bromelain 4mg	**
Phosphorus 65mg	7%		

**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), cocoa, chocolate flavor, calcium carbonate, potassium chloride, magnesium oxide, lecithin (soy), ascorbic acid, D-alpha tocopheryl succinate, L-carnitine, D-calcium pantothenate, beta-carotene, L-carnosine, manganese sulfate, sodium molybdate, iron sulfate, zinc oxide, cholecalciferol, pyridoxine HCl, copper sulfate, thiamin mononitrate, sodium selenite, chromium chloride, cyanocobalamin. 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 disease. 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 preoperative and consent your physician if diabetic, epileptic, asthmatic, anemic, cardiovascular, agitated, 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.



MADE PROUDLY IN THE U.S.A.
Formulated, Tested & Manufactured By
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POWER PROTEIN™

CHOCOLATE FLAVOR

Protein Supplement

Net Wt 1 lb (455g)

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

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.

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