

Recommended Serving:

Men: 2-3 Scoops
Women: 2 Scoops
Children: 1-2 Scoops
Athletes: 3+ Scoops

Directions:

Add 1 scoop of ProEnergy® protein powder per 1-2 cups of water or other liquid. Adjust to recommended serving. Stir or blend until smooth.

ProEnergy® tastes great in EnergyFirst® shakes, or when added to many other recipes or foods. Visit www.energyfirst.com for great tasting recipes, ideas and more product information.

Drink an EnergyFirst® Shake for breakfast, after a workout, or anytime as a meal replacement.

ENERGYFIRST® Shake Recipe:

Blend

- 1-3 cups pure water
- Recommended serving of ProEnergy®
- 1 tbsp. OmegaEnergy™ Oil Blend or 1/4 cup OmegaEnergy® Mix
- 1/2-1 cup frozen fruit
- 1 scoop Greenery™

Add ice for a thicker shake



BEST PROTEIN

Whey protein isolate from grass-fed cows not treated with rBGH - the highest biological value of any protein.

PERFECT MEAL

The EnergyFirst® Shake is a perfect meal with the highest quality protein, unprocessed carbs, and essential fats in their ideal proportions.

HIGH ENERGY

Helps sustain high energy levels - physical, mental, and emotional.

BURNS FAT

Stimulates the release of hormones that enhance fat burning. Helps train your body to burn fat for fuel.

CONQUERS CRAVINGS

Helps to eliminate sugar cravings and hunger by promoting a stable blood sugar.

SUPPORTS IMMUNITY

Powerful microfractions provide immune system enhancement and antioxidant protection.

HEALTHY LIFESTYLE

ProEnergy® is the key to the EnergyFirst® healthy lifestyle program.

Visit www.energyfirst.com as your source of information for nutrition and healthy living.

**ULTRA LOW
GLYCEMIC
ZERO
SUGARS!**

NATURAL - UNFLAVORED

ENERGYFIRST®
PROENERGY®
FEEL THE DIFFERENCE®

100% NATURAL WHEY PROTEIN ISOLATE

ZERO SUGARS - ZERO FAT - ZERO CHOLESTEROL - EASY TO MIX - COLD PROCESSED

From grass pasture fed cows not treated with rBGH, rBST, hormones, or antibiotics

DIETARY SUPPLEMENT Net Weight: 908g (2 LB)

Serving Size: <1 scoop (23g)

Servings Per Container: 39

Supplement Facts

Serving Size: <1 scoop (23g)

Servings Per Container: 39

	Amount per Serving	% Daily Value*
Calories	90	
Calories from fat	0	
Total Fat	0 g	0%
Saturated fat	0 g	0%
Trans fat	0 g	†
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrates	<1 g	0%
Dietary fiber	0 g	0%
Sugars	0 g	†
Protein	20 g	†
Calcium	96 mg	10%
Potassium	135 mg	4%

* Percent Daily Values are based on a 2000 calorie diet.
† Daily value not established.

Safe for LACTOSE Intolerant



Ingredients:

Cold-processed grass-fed rBGH Free whey protein isolate, Lecithin (from non-GMO sunflower seeds). Contains milk.

Typical Amino Acid Profile per 25g:

Alanine	978 mg
Arginine	406 mg
Aspartate	2196 mg
Cystine	498 mg
Glutamine	3488 mg
Glycine	314 mg
Histidine	388 mg
Isoleucine*†	1329 mg
Leucine*†	2067 mg
Lysine*	1624 mg
Methionine*	406 mg
Phenylalanine*	572 mg
Proline	1440 mg
Serine	978 mg
Threonine*	1477 mg
Tryptophan*	351 mg
Tyrosine	591 mg
Valine*†	1163 mg

Provides ALL the Essential and Branch Chain Amino Acids, plus all other naturally occurring amino acids.

* Essential Amino Acid
† Branch Chain Amino Acid

The Best Protein Isolate

EnergyFirst® ProEnergy® uses only the best Whey Protein Isolate. It is cold-processed, cross flow micro filtered, comes from grass-fed cows not treated with rBGH, and contains NONE of the following ingredients:

- NO Acid Processing
- NO Artificial Colors
- NO Artificial Flavors
- NO Artificial Sweeteners
- NO Casein
- NO Cholesterol
- NO Denatured Proteins
- NO Fructose
- NO Gluten
- NO GMO
- NO Heat Processing
- NO Ion Exchange Whey
- NO MSG
- NO Soy
- NO Sucralose
- NO Whey Concentrate

www.energyfirst.com
or call 888-88-ENERGY
888-883-6374

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Manhattan Beach, CA 90266

Always consult your health-care professional before starting a dietary supplementation program. Keep out of direct sunlight and store in a cool, dark place.

This package is sold by weight, not by volume. Some settling of contents may occur during shipping.

* 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.

