

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 Greenergy™
- 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.

NATURAL SWEETENERS

Made with Stevia leaf extract, a safe, all natural alternative to artificial sweeteners and refined sugars.

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**
Under 1g of
Sugars!

ULTIMATE VANILLA

ENERGYFIRST®
PROENERGY®
FEEL THE DIFFERENCE®

100% NATURAL WHEY PROTEIN ISOLATE

BEST TASTING - ZERO FAT - ZERO CHOLESTEROL - EASY TO MIX - MADE WITH STEVIA

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

DIETARY SUPPLEMENT Net Weight: 908g (2 LB)

Serving Size: 1 scoop (25g)

Servings Per Container: 36

Supplement Facts

Serving Size: 1 scoop (25g)
Servings Per Container: 36

	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	2 g	1%
Dietary fiber	0 g	0%
Sugars	1 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, Natural flavors, Guar gum, Lecithin (from non-GMO sunflower seeds) Stevia leaf extract. Contains milk.

Typical Amino Acid Profile per 25g:

Alanine	950 mg
Arginine	394 mg
Aspartic Acid	2134 mg
Cysteine	484 mg
Glutamic Acid	3389 mg
Glycine	305 mg
Histidine	377 mg
Isoleucine*†	1291 mg
Leucine*†	2000 mg
Lysine*	1570 mg
Methionine*	394 mg
Phenylalanine*	556 mg
Proline	1399 mg
Serine	950 mg
Threonine*	1435 mg
Tryptophan*	341 mg
Tyrosine	574 mg
Valine*†	1130 mg

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

†Branch Chain Amino Acid

*Essential 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.

