

ISOLATE ISOLATE ISOLATE ISOLATE ISOLATE

Myology™ has pioneered the manufacture of premium sports nutrition supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness.

WE GUARANTEE IT.

Whey is popular with bodybuilders, people on high protein diets, and anyone looking for a quick, easy-to-use nutritional drink. Our Whey Isolate Powder is specifically designed for anyone looking for high quality nutrition to support their workout and fitness goals.

Whey is a natural by-product of milk and is loaded with protein that has naturally occurring BCAAs to support strength-levels, which plays a role in optimal nutrition.* These nutrients are important components of muscle tissue.*

Whey Isolate is designed for those looking for an advanced nutritional drink. Isolated Whey results in less of the fat and lactose that you don't need. For an extra treat, blend with fruit or your favorite non-fat frozen yogurt.

*Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

No Artificial Color, No Preservatives, No Soy, No Gluten, No Wheat, No Yeast, No Fish.

Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing. Contents are sold by weight. Some settling may occur.



TO REORDER ITEM # 31194
www.puritan.com
1-800-645-1030

Carefully Manufactured for
Myology Muscle Science
For PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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MYOLOGY™
MUSCLE SCIENCE

Item No. 31194

WHEY ISOLATE

WHEY PROTEIN ISOLATE

A GREAT CHOICE FOR ATHLETES
OR THOSE ON HIGH PROTEIN DIETS

- HIGH IN BCAAs
- INSTANTIZED FOR EASY MIXING
- MICROFILTERED FOR FASTER ABSORPTION AND DELIVERY
- 95% LACTOSE FREE

VANILLA
NATURALLY & ARTIFICIALLY FLAVORED

NET WT. 2LB. (32 OZ.) (907 G)

PROTEIN POWDER

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

TO REORDER ITEM # 31194

DIRECTIONS: For adults, add one (1) scoop (36 g) to 8 fl. ounces of water or your favorite beverage. Mix in a shaker or a blender and drink immediately for best results. You can drink Myology™ Muscle Science Whey Protein any time during the day to add extra high quality protein to your daily calorie intake. Be sure to figure the extra calories provided by milk, juice or whatever you may add to your Myology™ Muscle Science Whey Protein. Increase or decrease the amount of liquid added to achieve desired consistency.

Nutrition Facts

Serving Size	1 Scoop (36 g)		2 Scoops (72 g)	
Servings Per Container	about 25		about 13	
Amount Per Serving				
Calories	140		280	
Calories from Fat	15		30	
	%Daily Value**		%Daily Value**	
Total Fat	1.5g	2%	3g	5%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Cholesterol	20mg	7%	35mg	12%
Sodium	135mg	6%	270mg	11%
Potassium	130mg	4%	260mg	7%
Total Carbohydrate	2g	1%	5g	2%
Dietary Fiber	0g	0%	0g	0%
Sugars			4g	
Protein	30g	60%	59g	118%
Vitamin A	0%		0%	
Vitamin C	0%		0%	
Calcium	10%		20%	
Iron	0%		0%	
Phosphorus	8%		15%	
Magnesium	6%		10%	

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	300g
Dietary Fiber		50g	65g
Protein		50g	55g

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less than 65g	2,000	2,500
Sat Fat	Less than 20g	65g	80g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg	3,500mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g
Protein	50g	65g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey Protein Isolate, Sunflower Lecithin, Natural and Artificial Flavors, Cellulose Gum, Xanthan Gum, Acesulfame Potassium, Sucralose, Carrageenan, Dextrin.

Contains milk ingredients.

Typical Amino Acid Profile
Per 36 g Serving:

L-Alanine	1,453 mg
L-Arginine	806 mg
L-Aspartic Acid	3,056 mg
L-Cystine	612 mg
Glutamic Acid	5,174 mg
L-Glycine	533 mg
L-Histidine	518 mg
L-Isoleucine	1,686 mg
L-Leucine	3,143 mg
L-Lysine	2,759 mg
L-Methionine	666 mg
L-Phenylalanine	912 mg
L-Proline	1,685 mg
L-Serine	1,505 mg
L-Threonine	2,021 mg
L-Tryptophan***	486 mg
L-Tyrosine	846 mg
L-Valine	1,699 mg

Typical Amino Acid Profile
Per 72 g Serving:

L-Alanine	2,906 mg
L-Arginine	1,612 mg
L-Aspartic Acid	6,112 mg
L-Cystine	1,224 mg
Glutamic Acid	10,348 mg
L-Glycine	1,066 mg
L-Histidine	1,036 mg
L-Isoleucine	3,372 mg
L-Leucine	6,286 mg
L-Lysine	5,518 mg
L-Methionine	1,332 mg
L-Phenylalanine	1,824 mg
L-Proline	3,370 mg
L-Serine	3,010 mg
L-Threonine	4,042 mg
L-Tryptophan***	972 mg
L-Tyrosine	1,692 mg
L-Valine	3,398 mg

***L-Tryptophan is naturally occurring, not added.
Essential Amino Acids