

- MIXES INSTANTLY
- ZERO CARBS; ZERO FAT
- PROMINA™ WHEY ISOLATE
- REFRESHING FRUIT JUICE FLAVOR
- LACTOSE & GLUTEN FREE

#### SUGGESTED USE:

Based on taste preference, mix 2–4 oz of water per serving (1/4 packet) of Nectar™. One full packet, providing 23 g of protein, 0 g of fat and 0 g of sugar, may be mixed with 8–16 oz of water. Consume the desired number of servings two to three times per day to satisfy your protein requirements. Remember, the best times for supplementing protein are immediately upon rising in the morning, after intense physical activity, such as weight training, and prior to sleep. Nectar™ mixes instantly with a spoon and tastes great . . . GUARANTEED!



Manufactured for:

**SIO3, Inc.**  
PO Box 1715

Cape Girardeau, MO 63702 USA  
Tel: (866) 333-SIO3 (7403)  
Website: [www.syntrax.com](http://www.syntrax.com)



**CRYSTAL SKY**

**23 g  
Protein**

**SYNTRAX**

**Nectar™**

FRUIT JUICE FLAVORED • WHEY PROTEIN ISOLATE



#### Nutrition Facts

Serving Size: 1/4 Packet (7g)  
Servings Per Packet: 4

| Amount Per Serving                                                                                                                  |           |                |             |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------|-------------|
| Calories                                                                                                                            |           | 25             |             |
| Calories from Fat                                                                                                                   |           | 0              |             |
| % Daily Value*                                                                                                                      |           |                |             |
| <b>Total Fat</b>                                                                                                                    |           | 0g             | <b>0%*</b>  |
| Saturated Fat                                                                                                                       |           | 0g             | <b>0%*</b>  |
| Trans Fat                                                                                                                           |           | 0g             |             |
| <b>Cholesterol</b>                                                                                                                  |           | 0mg            | <b>0%*</b>  |
| <b>Sodium</b>                                                                                                                       |           | 15mg           | <b>1%*</b>  |
| <b>Potassium</b>                                                                                                                    |           | 40mg           | <b>1%*</b>  |
| <b>Total Carbohydrates</b>                                                                                                          |           | 0g             | <b>0%*</b>  |
| Dietary Fiber                                                                                                                       |           | 0g             | <b>0%*</b>  |
| Sugars                                                                                                                              |           | 0g             |             |
| <b>Protein</b>                                                                                                                      |           | 6g             | <b>12%*</b> |
| Vitamin A                                                                                                                           | 0%        | Vitamin C      | 0%          |
| Calcium                                                                                                                             | 2%        | Iron           | 0%          |
| Phosphorus                                                                                                                          | 2%        | Magnesium      | 0%          |
| * 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 | 20g            | 25g         |
| Cholesterol                                                                                                                         | Less than | 300mg          | 300mg       |
| Sodium                                                                                                                              | Less than | 2,400mg        | 2,400mg     |
| Potassium                                                                                                                           |           | 3,500mg        | 3,500mg     |
| Total Carbohydrate                                                                                                                  |           | 300g           | 375g        |
| Dietary Fiber                                                                                                                       |           | 25g            | 30g         |
| Protein                                                                                                                             |           | 50g            | 65g         |
| Calories per gram:                                                                                                                  |           |                |             |
| Fat 9                                                                                                                               | •         | Carbohydrate 4 | • Protein 4 |

#### INGREDIENTS:

Whey protein isolate (milk)\*, citric acid, natural and artificial flavors, soy lecithin, acesulfame-K, sucralose, FD&C Blue #1.

\* Promina™ brand; ultrafiltered and undenatured; includes beta lactoglobulin, alpha lactalbumin, glycomacropeptides, immunoglobulin, b.s. albumin, protease, peptone, lactoferrin, lactoperoxidase.

**Net Weight:**  
**1.0 oz (27 g)**

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