

Serving Size 1 Packet (45 g)

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 190		Magnesium 45 mg	11%
Calories from Fat 30		Potassium 350 mg	10%
Total Fat 4 g	6% ^{***}	Sensory [†] Achiropodites 62.5 mg	***
Saturated Fat 2 g	10% ^{***}	Extract (root & leaf)	
Cholesterol 90 mg	30% ^{***}	Canosyn [®] Beta-Alanine 132 mg	***
Sodium 150 mg	6% ^{***}	L-Glutamine 330 mg	***
Total Carbohydrate 8 g	3% ^{***}	L-Alanine 50 mg	***
Dietary Fiber 1 g	4% ^{***}	Amnogen [®] Enzymes 50 mg	***
Sugars 5 g	10% ^{***}	L-Carnitine 165 mg	***
Protein 30 g	60% ^{***}	Choline 66 mg	***
Thiamin 1 mg	6% ^{***}	Mediterranean [®] Lignans 250 mg	***
Riboflavin 1.1 mg	65% ^{***}	Atroquin [®] Choline 280 mg	***
Niacin 13 mg	65% ^{***}		
Vitamin B6 1.3 mg	65% ^{***}	Branch Chain Amino Acids (BCAA) 7,062 mg (7 g)	***
Vitamin B12 4 mcg	66% ^{***}	L-Leucine	
Folate 264 mcg	67% ^{***}	L-Isoleucine	
Vitamin B12 4 mcg	67% ^{***}	L-Valine	
Biotin 198 mcg	68% ^{***}		
Calcium 150 mg	15%		
Phosphorus 140 mg	14%		

[†]Percent Daily Values are based on a 2,000 calorie diet.
^{***} Daily Value not established.

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Questions? Comments? Call 1-888-698-5032
weekdays 8-30 a.m. - 5:00 p.m. (Eastern Time)

visit www.ironmanprotein.com

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

STORAGE: Keep in a cool, dry place.

For your protection, do not use if packet is torn or open.

Note: Honey will appear as small crystals within the powder.

WARNING: Consult a health care practitioner prior to use if you are pregnant or nursing, taking prescription medication or if you have a serious medical condition. Discontinue use and consult a health care professional if any adverse reactions occur. **KEEP OUT OF REACH OF CHILDREN.**

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NOT FOR INDIVIDUAL SALE

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PROTEIN SUPPLEMENT
NET WT. 1.69 oz (48 g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT. DO NOT USE FOR WEIGHT REDUCTION.

- Patented ingredients help reduce stress & promote blood flow during times of activity*
- Helps restore energy & enhance recovery process*
- Advanced protein matrix optimizes endurance with superior absorption & sustained action*

30g
PROTEIN

SUPERIOR
BCAAs

NO
ARTIFICIAL
FLAVORS OR
SWEETENERS



IRON MAN
ENDURANCE OPTIMIZED
WHEY
PROTEIN