Supplement Facts

Serving Size: 1 Scoop (46 g), 2 Scoops (92 g) | Servings Per Container: about 20, about 10

Amount Per Serving	1 Scoop (46 g) % Daily Value	2 Scoops (92 g) % Daily Value
Calories	180	360
Calories from Fat	30	60
Total Fat	3 g 5%**	6 g 9%**
Saturated Fat	1 g 5%**	1 g 5%**
Cholesterol	90 mg 30%**	180 mg 60%**
Sodium	140 mg 6%**	280 mg 12%**
Total Carbohydrate	3 g 1%**	6 g 2%**
Sugars	3 g	6 g
Protein	30 g 60%**	60 g 120%**
Thiamin	1.1 mg 83%	2.2 mg 165%
Riboflavin	1.1 mg 83%	2.2 mg 165%
Niacin	13 mg 65%	26 mg 130%
Vitamin B6	1.3 mg 65%	2.6 mg 130%
Folate	264 mcg 66%	528 mcg 132%
Vitamin B12	4 mcg 67%	8 mcg 133%
Biotin	198 mcg 66%	396 mcg 132%
Pantothenic Acid	3.3 mg 33%	6.6 mg 66%
Phosphorus	198 mg 20%	396 mg 40%
Magnesium	20 mg 5%	40 mg 10%
Potassium	198 mg 3%	380 mg 11%
Lemon® Hydroxycitrine (Lemon Fruit & Leaf)	60.5 mg ***	125 mg ***
Carnosyn® Beta-Alanine	1.32 mg ***	2.64 mg ***
CITRIMAX®	250 mg ***	500 mg ***
Aminogen® Enzymes	50 mg ***	100 mg ***
L-Carnitine	50 mg ***	100 mg ***
Choline	56 mg ***	112 mg ***
Monogen® (arginine monohydrochloride)	250 mg ***	500 mg ***
Mentha-Chain Triglycerides (TG)	250 mg ***	500 mg ***
Branch Chain Amino Acids (BCAAs)	1,000 mg 2 g	16,500 mg 33 g
L-Leucine		
L-Isoleucine		
L-Valine		

*Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

INGREDIENTS: Protein Blend (Whey Protein Concentrate, Micellar Casein, Whey Protein Isolate), Natural, Condition 3% or less of Aminogen®, Monogen®, BCAAs, Inulin, sodium phosphate, sucralose, Carnosyn® beta-alanine, choline bitartrate, cyanocobalamin, dextrose, disodium phosphate, Lemon® Hydroxycitrine, L-carnitine, Mentha-Chain Triglycerides, natural and artificial vanilla, natural and artificial butter pecan, natural and artificial maple, natural and artificial caramel, natural and artificial cream, natural and artificial butter, Bromelain, papain, maltodextrin, Monogen®, cyanocobalamin, sodium, salt, flavor, propylene glycol, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, niacinamide, folic acid, biotin, calcium pantothenate, hydrocholoride, **Contains: Milk, Soy.**

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Suggested Use Per Serving: Scoop - add 1 rounded scoop (46 g) to 8 oz. of water in your favorite shaker cup. Shake well. Add ice if desired. Blend for one minute. Take two (2) times daily, preferably before or after workouts or meals.

STORAGE: Keep tightly closed in a cool, dry place.

Store in a cool, dry place. Do not refrigerate or freeze. Avoid sunlight.

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. Do not exceed the recommended dose.

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Carnosyn® is a registered trademark of Natrinova, Inc. and is protected under U.S. Patents 6,153,138 and 7,019,038.

Questions? Comments? **Call 1-800-800-0032**

Dimensions: 8.25 in x 3.00 in (Carton Title)

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

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IRONMAN®

ENDURANCE OPTIMIZED

WHEY PROTEIN

30g PROTEIN PER SCOOP

SUPERIOR **BCAAs**

NO ARTIFICIAL FLAVORS OR SWEETENERS

- Triple action protein matrix: immediate, continuous & sustained release
- Helps restore energy & enhance recovery process*
- Patented ingredients help reduce stress & promote blood flow during times of activity*

TAHITIAN VANILLA FLAVOR

PROTEIN SUPPLEMENT
NET WT. 2.1 lbs (960 g)

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

ANYTHING IS POSSIBLE

ANYTHING IS POSSIBLE®

WITH IRONMAN® ENDURANCE OPTIMIZED WHEY PROTEIN

Developed for competition athletes, made for ***YOU***. Whether you are an athletic competitor, are serious about fitness and the way your body looks, or are simply looking to improve your health and well-being by staying active, our delicious shake helps make it easier to accomplish your goals.*

Formulated by sports nutrition scientists and professional nutritionists, IRONMAN® Endurance Optimized Whey Protein delivers superior levels of lean protein with fewer calories and less fat than other leading brands. Its smooth, delicious taste is made only from natural sources, like real Tahitian vanilla beans and wholesome honey.

IRONMAN® Endurance Optimized Whey Protein is made with a triple-action protein blend packed with essential amino acids to aid performance, endurance and recovery.*

Plus, only IRONMAN® Endurance Optimized Whey Protein is formulated with unique patented ingredients proven to help reduce occasional stress on the body and mind, and promote healthy blood flow during times of physical activity.*

Typical Amino Acid Profile (milligrams per 46 g scoop)

ESSENTIAL AMINO ACIDS		NONESSENTIAL AMINO ACIDS	
Histidine	549 mg	Alanine	1,569 mg
Isoleucine	1,966 mg	Arginine	769 mg
Leucine	3,344 mg	Aspartic Acid	3,346 mg
Lysine	2,953 mg	Cysteine	744 mg
Methionine	691 mg	Glutamic Acid	5,863 mg
Phenylalanine	1,001 mg	Glycine	564 mg
Threonine	2,115 mg	Proline	1,774 mg
Tryptophan	551 mg	Serine	1,511 mg
Valine	1,752 mg	Tyrosine	902 mg

visit www.ironmanprotein.com

Sensoril® Nitrosigine®

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

ANYTHING IS POSSIBLE

IMMEDIATE + CONTINUED 3x ACTION ABSORPTION SUSTAINED

MCT ENERGY SOURCE

MAX RECOVERY BCAAs

PROMOTES BLOOD FLOW*

ADAPTOGENIC STRESS SUPPORT

GLUTEN FREE