SYNTRAX®

Aspartame Free
Aspartame FREE

CONTAINS REAL VANILLA BEAN SPECKS

whey Shake™

THE NEW GOLD STANDARD

- Promina™ Whey Protein
- Mixes Instantly
- Smooth, Creamy Milkshake Flavors
- Superior Amino Acid Profile
- Free of Fillers . . . No Taurine, Glycine or Maltodextrin

Vanilla Shake

Net Weight: 5.00 lb (2.27 kg)

whey Shake™

THE NEW GOLD STANDARD

Whey Shake™ is the critically acclaimed protein powder that scores top honors for highest quality and best taste. To produce such a distinguished product, we had to use the very best and most refined ingredients, such as Promina™ whey protein. Cold filtered and undenatured, Promina™ whey proteins are painstakingly tested for consistency, flavor, protein content, and mixability. To this clean tasting, delicious protein base, we added glutamine peptides and the best extracts and flavors the world has to offer. The result is a product of the highest quality . . . a product with consistently correct protein levels, consistently superior mixability and consistently incredible taste.

The painstaking quality control and attention to detail that goes into Whey Shake™ ensures that it will vastly outperform every other protein powder on the market. From deliciousness and mixability, to overall health benefits, to exercise performance and muscle growth, Whey Shake™ is guaranteed to be the new, unbeatable gold standard.

Nutrition Facts

Serving Size: 1 Level Scoop (30g)
Servings Per Container: 76

Amount Per Serving		
Calories	120	
Calories from Fat	15	
		% Daily Value*
Total Fat	1.5g	2%*
Saturated Fat	.5g	3%*
Trans Fat	0g	
Cholesterol	25mg	8%*
Sodium	100mg	4%*
Potassium	100mg	3%*
Total Carbohydrates	3g	1%*
Dietary Fiber	0g	0%*
Sugars	1g	
Protein	23g	46%*

Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	0%
Phosphorus	8%	Magnesium	4%

* 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

Important Amino Acids Per 100 Grams Of Whey Shake™

Arginine•	2150mg
Glutamine•	11,240mg
Histidine*	1460mg
Isoleucine‡*	3850mg
Leucine‡*	6780mg
Lysine*	4470mg
Methionine*	1540mg
Phenylalanine*	3230mg
Threonine*	3770mg
Tryptophan*	1310mg
Valine‡*	3850mg

* Essential Amino Acids
‡ Branched-Chain Amino Acids
• Important Nonessential Amino Acids

INGREDIENTS: Whey protein concentrate (milk)*, hydrolyzed wheat gluten•, natural and artificial flavors, soy lecithin, salt, acesulfame-K, sucralose,vanilla bean powder.

* Promina™ brand; ultrafiltered and undenatured; includes beta lactoglobulin, alpha lactoalbumin, glycomacropeptides, immunoglobulin, b.s. albumin, protease peptone, lactoferrin, lactoperoxidase.
• Source of glutamine peptides

SUGGESTED USE: Mix one scoop of Whey Shake™ per 8 oz of water or milk. For those with lower protein needs, one half scoop may be consumed with 4 oz of water or milk. Note the extra calories when combined with milk. Consume Whey Shake™ two to three times per day to satisfy your protein requirements. Remember, the best times for consuming protein are immediately upon rising in the morning, after intense physical activity, such as weight training, and prior to sleep. Whey Shake™ mixes instantly with a spoon and tastes great . . . GUARANTEED!

This product is packed by weight, not volume. Some settling may have occurred during transportation. Keep out of direct sunlight and store in a cool, dark place.

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

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SYNTRAX® GUARANTEED
QUALITY & PURITY EVERY TIME

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Vanilla Shake