

HIGH PROTEIN WHEY + CASEIN BLEND

Nutrition Facts

Serving Size 1 Can (15 fl. oz (443 mL))

Amount Per Serving		Calories from Fat 10	
Calories 200		%Daily Value**	
Total Fat	1g		2%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium	150mg		6%
Potassium	230mg		7%
Total Carbohydrate	6g		2%
Dietary Fiber	2g		8%
Sugars	2g		
Protein	42g		84%
Vitamin A	0%	Vitamin C	0%
Calcium	100%	Iron	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: Water, Ultra-Filtered Skim Milk, Milk Protein Concentrate, Whey Protein Concentrate, Natural and Artificial Flavors (contains caramel color), Cellulose Gel, Sucralose, Cellulose Gum, Sodium Hydroxide, Acesulfame Potassium, Carrageenan, Salt.

Contains milk ingredients.

FORTRESS®

BODY



42g
PROTEIN

2g
SUGAR

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

VANILLA
Natural & Artificial Flavors

15 FL. OZ. (443 mL)

42g PREMIUM PROTEIN BLEND TO BUILD LEAN MUSCLE & STRENGTH*

WHEY + CASEIN BLEND FROM MILK PROTEIN TO BOOST POST-WORKOUT RECOVERY*

CONTAINS ZERO ASPARTAME – ZERO GLUTEN – ZERO GIMMICKS

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

FREE OF: yeast, wheat.

KEEP OUT OF REACH OF CHILDREN

SHAKE GENTLY SERVE CHILLED

REFRIGERATE AFTER OPENING

BODY FORTRESS®

YOUR BODY • YOUR FORTRESS.™

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com

PLEASE RECYCLE

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