

**BODY FORTRESS®**

# SUPER ADVANCED WHEY ISOLATE

**MUSCLE MASS AND STRENGTH FUEL\***

- > **60g ULTRA PURE PROTEIN\*\***
- > **MICROFILTERED FOR FASTER ABSORPTION AND DELIVERY**
- > **OVER 11 GRAMS OF BCAAs\*\***
- > **98% LACTOSE FREE**

PROTEIN SUPPLEMENT

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

\*\*per 2 scoops

**VANILLA CREME**

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT. 2 lb. (32 oz.) (907 g)

Contents are sold by weight. Some settling may occur.

## BODY FORTRESS® SUPER ADVANCED WHEY ISOLATE

If you're ready to take your training and nutrition to the next level, then you need a premier protein source to help get you there. Perfect for anyone looking to get more out of their protein supplement, Body Fortress® Super Advanced Whey Isolate is an ultra high quality protein designed to provide maximum support for lean muscle, strength and exercise recovery.\*

### WHAT MAKES BODY FORTRESS® SUPER ADVANCED WHEY ISOLATE WORTH IT:

- 30 grams of protein per scoop with just two grams of carbohydrates.
- Super Whey Isolate contains protein that is processed using microfiltration to ensure an isolated whey that contains a minimum of 90% protein with minimal lactose and fat. These isolation processes separate the valuable protein from non-protein materials yielding a highly-purified whey isolate.
- State of the art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions - some other whey isolate processing methods remove Glycomacropeptides, which is an important protein component.
- Instantized Whey Isolate - to further enhance mixability and dispersion in liquid.
- Delivers a high quality Whey Isolate protein with a higher amino acid profile gram for gram than ordinary Whey Concentrate.
- Enhanced with additional free-form amino acids to work synergistically with Whey Isolate's high concentration of aminos.
- Contains more naturally occurring Branched Chain Amino Acids than regular Whey Concentrate

2 scoops contain over 11 grams of the following Branched Chain Amino Acids:

|                           |        |
|---------------------------|--------|
| Which typically provides: |        |
| • Isoleucine              | 3.27 g |
| • Leucine                 | 5.40 g |
| • Valine                  | 2.88 g |

Whey protein has been relied upon for years by athletes, bodybuilders and anyone looking to get into their best shape. Body Fortress® Super Advanced Whey Isolate provides all of the benefits Whey is known for and more by carefully removing more of the fat and lactose that you don't need while increasing the percentage of aminos as compared to regular whey concentrate. By helping to quickly boost protein synthesis while reducing protein breakdown, Body Fortress® Super Advanced Whey Isolate helps you get the most out of your workout so you don't waste any of your hard work in and out of the gym.\* Whey protein also helps keep your immune system strong to further support recovery and overall health.\*

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

Whey Protein Combined with a Small Amount of Carbs Provides Greater Support for Muscle and Strength Compared to Carbs-Only When Taken During a Six Week Training program.

#### IMPROVEMENTS IN LEAN MASS



#### IMPROVEMENTS IN BENCH PRESS STRENGTH



Untrained subjects consumed 1.2 grams of protein powder per kg of body weight each day, divided into 3 servings - 1 before training, 1 after training and 1 before bed. Each serving contained approximately 7 - 10 grams of carbohydrates, which can be obtained from a few ounces of juice.

lbs. Lean Mass  
Cardoso, D. et al. International Journal of Sport Nutrition and Exercise Metabolism. 2006. 16(3). 233-244.

**Directions:** For adults, add one (1) scoop (35 g) to 6-8 ounces of water or your favorite beverage. Serious athletes and bodybuilders should consume 1-2 scoops immediately after exercise.

### BLENDER - SIMPLE

Cover and blend for 20-30 seconds. ^^

### SHAKER - SIMPLER

Cover and shake for 25-30 seconds.

### GLASS & SPOON - SIMPLEST

Stir for 20-30 seconds or until completely blended.

^^ For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.

For Dieters: add lower calorie foods such as skim milk or just use water.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Body Fortress® Super Advanced Whey Isolate is aspartame free.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

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



Carefully Manufactured by  
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## Supplement Facts

| Serving Size           | 1 Scoop (35 g) | 2 Scoops (70 g) |
|------------------------|----------------|-----------------|
| Servings Per Container | about 26       | about 13        |
| Amount Per Serving     | %Daily Value   | %Daily Value    |
| Calories               | 130            | 260             |
| Calories from Fat      | 0              | 10              |
| Total Fat              | 0 g            | 0%†             |
| Cholesterol            | <5 mg          | 1% 5 mg         |
| Total Carbohydrate     | 2 g            | 1%† 3 g         |
| Dietary Fiber          | <1 g           | 2%† <1 g        |
| Sugars                 | <1 g           | †† 1 g          |
| Protein                | 30 g           | 60%† 60 g       |
| Calcium                | 117 mg         | 12% 234 mg      |
| Phosphorus             | 70 mg          | 7% 140 mg       |
| Magnesium              | 19 mg          | 5% 98 mg        |
| Sodium                 | 85 mg          | 4% 170 mg       |
| Potassium              | 140 mg         | 4% 280 mg       |

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

**Ingredients:** Whey Protein Isolate, Super Recovery Blend (L-Glutamine, L-Taurine, L-Arginine, L-Alanine, L-Lysine, L-Leucine, Isoleucine, Valine), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Xanthan Gum, Acesulfame Potassium, Sucralose, Carrageenan.

Contains milk, soy and wheat ingredients.

Typical Amino Acid Profile (milligrams per 35 g scoop\*\*\*)

| Essential Amino Acids | Nonessential Amino Acids |
|-----------------------|--------------------------|
| Histidine 402 mg      | Alanine 1,216 mg         |
| Isoleucine 1,636 mg   | Arginine 513 mg          |
| Leucine 2,702 mg      | Aspartic Acid 2,710 mg   |
| Lysine 2,364 mg       | Cystine 600 mg           |
| Methionine 531 mg     | Glutamic Acid 4,419 mg   |
| Phenylalanine 745 mg  | Glycine 411 mg           |
| Threonine 1,656 mg    | Proline 1,763 mg         |
| Tryptophan*** 692 mg  | Serine 1,104 mg          |
| Valine 1,441 mg       | Tyrosine 692 mg          |

\*\*L-Tryptophan is naturally occurring, not added.  
\*\*\*approximate values

**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](http://www.bodyfortress.com).