

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	190	380
Calories from Fat	30	60
Total Fat	3 g 5%*	6 g 9%*
Saturated Fat	1 g 5%*	2 g 10%*
Cholesterol	90 mg 30%*	180 mg 60%*
Sodium	140 mg 6%*	280 mg 12%*
Total Carbohydrate	8 g 3%*	16 g 5%*
Sugars	5 g ***	10 g ***
Protein	30 g 60%*	60 g 120%*
Thiamin	1 mg 67%	2 mg 133%
Riboflavin	11 mg 69%	22 mg 129%
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%
Sodium	198 mcg 69%	396 mcg 132%
Calcium	140 mg 14%	280 mg 28%
Phosphorus	120 mg 12%	240 mg 24%
Magnesium	20 mg 5%	40 mg 10%
Potassium	190 mg 5%	380 mg 11%
Sensoril® Ashwagandha Extract (root & leaf)	62.5 mg ***	125 mg ***
Carbonyl® Beta-Alanine	132 mg ***	264 mg ***
L-Glutamine	330 mg ***	660 mg ***
Aminogen® Enzymes	50 mg ***	100 mg ***
L-Carnitine	165 mg ***	330 mg ***
Choline	66 mg ***	132 mg ***
Nitrosigine® (arginine isositol silicate)	250 mg ***	500 mg ***
Medium Chain Triglycerides Oil	280 mg ***	560 mg ***
Branch Chain Amino Acids (BCAAs)	7,002 mg (7 g) ***	14,004 mg (14 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, Maltitol Syrup, Whey Protein Isolate), Granulated Honey, Contains 2% or less of: Aminogen® enzymes, BCAAs, lactin, calcium phosphate, caramel, Carbonyl® beta-alanine, choline bitartrate, cyanocobalamin, dextrose, ethyl alcohol, lipoic acid, guar gum, gum arabic, L-carnitine, L-glutamine, malodorous, medium chain triglycerides, natural flavors, natural Tahitian vanilla flavor, niacinamide, Nitrosigine® (arginine isositol silicate), oat flour, propylene glycol, pyridoxine hydrochloride, riboflavin, salt, Sensoril® ashwagandha, silicon dioxide, soy lecithin, stevia, thiamine hydrochloride, Vitamin B6, Milk, Soy.
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Suggested Use Per Serving: Adults - Add 1 rounded scoop (46 g) to 8 oz. of water or your favorite beverage. Stir, blend or shake well. Blend for best results. Take two (2) times daily, preferably before or after activity or exercise.

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

Safety: Sealed. Do not use if water seal is broken or missing.

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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Questions? Comments? Call 1-888-698-5832

weekdays 8:30 a.m. - 5:00 p.m. (Eastern Time)

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® 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 3,386 mg
Lysine 2,955 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®
vitalizing mind & body

Nitrosigine®
Based Arginine Silicate



Certified for Sport®

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

ANYTHING IS POSSIBLE®