

PERFORMANCE SUPER PROTEIN PRO-GRAM PRO-GRAM PRO-GRAM PRO-GRAM PRO-GRAM PRO-GRAM PRO-GRAM

| Supplement Facts                                                                                                                      |                    |                |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------------|
| Serving Size: 2 level scoops (41g)                                                                                                    |                    |                |
| Servings Per Container: 25                                                                                                            |                    |                |
|                                                                                                                                       | Amount Per Serving | % Daily Value* |
| Calories                                                                                                                              | 163                |                |
| Calories from fat                                                                                                                     | 28                 |                |
| Total Fat                                                                                                                             | 3g                 | 6%             |
| Saturated Fat                                                                                                                         | 2g                 | 10%            |
| Trans Fat                                                                                                                             | 0g                 | 0%             |
| Cholesterol                                                                                                                           | 18mg               | 6%             |
| Sodium                                                                                                                                | 198mg              | 8%             |
| Potassium                                                                                                                             | 130mg              | 4%             |
| Total Carbohydrate                                                                                                                    | 3g                 | 1%             |
| Dietary Fiber                                                                                                                         | 1g                 | 4%             |
| Sugars                                                                                                                                | 2g                 | †              |
| Protein                                                                                                                               | 30g                | 60%            |
| Vitamin A                                                                                                                             | 2025IU             | 35%            |
| Vitamin C                                                                                                                             | 31mg               | 35%            |
| Vitamin D                                                                                                                             | 168IU              | 35%            |
| Vitamin E                                                                                                                             | 15IU               | 35%            |
| Vitamin K                                                                                                                             | 20mcg              | 35%            |
| Vitamin B1                                                                                                                            | 0.5mg              | 35%            |
| Vitamin B2                                                                                                                            | 0.6mg              | 35%            |
| Niacin                                                                                                                                | 7mg                | 35%            |
| Vitamin B6                                                                                                                            | 1mg                | 35%            |
| Folic Acid                                                                                                                            | 150mcg             | 35%            |
| Vitamin B12                                                                                                                           | 1mcg               | 16%            |
| Biotin                                                                                                                                | 116mcg             | 35%            |
| Pantothenic Acid                                                                                                                      | 3.5mg              | 35%            |
| Calcium                                                                                                                               | 300mg              | 35%            |
| Iron                                                                                                                                  | 6mg                | 35%            |
| Phosphorus                                                                                                                            | 300mg              | 35%            |
| Iodine                                                                                                                                | 75mcg              | 35%            |
| Magnesium                                                                                                                             | 140mg              | 35%            |
| Zinc                                                                                                                                  | 5mg                | 35%            |
| Copper                                                                                                                                | 0.7mg              | 35%            |
| Chloride                                                                                                                              | 159mg              | 5%             |
| Chromium                                                                                                                              | 45mcg              | 35%            |
| Molybdenum                                                                                                                            | 12mcg              | 35%            |
| Selenium                                                                                                                              | 23mcg              | 35%            |
| Manganese                                                                                                                             | 0.7mg              | 35%            |
| *Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. |                    |                |
| † Daily Value not established.                                                                                                        |                    |                |

KEEP OUT OF REACH OF CHILDREN.  
Allergen Warning: This product contains ingredients from milk and egg. Manufactured in a plant that also processes milk, egg, soybeans, peanuts & peanut flavor, tree nut, wheat products and fish oil.

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The statements on this label have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

INGREDIENTS: 7-Phase Super Protein Performance Blend (Ultra-Filtered Whey Protein Concentrate & Micro-Filtered Whey Protein Isolate, Calcium Caseinate, Milk Protein Isolate, Micellar Alpha & Beta Caseins and Caseinates, Egg Albumin, Hydrolyzed Whey Protein), Comprehensive Vitamin & Mineral Spectrum Covering Blend (Dicalcium Phosphate, Sodium Chloride, Magnesium Oxide, Ferrous Fumarate, Ascorbic Acid, DL Alpha Tocopheryl Acetate, Zinc Oxide, Biotin, Manganese Sulfate, Selenium Amino Acid Chelate, Vitamin A Palmitate, Niacinamide, Molybdenum Amino Acid Chelate, Copper Gluconate, D-Calcium Pantothenate, Vitamin K (Phytonadione) Riboflavin, Thiamin (B1), Chromium Nicotinate, Vitamin D (Cholecalciferol), Pyridoxine HCL, Folic Acid, Vitamin B12 (Cyanocobalamin), Potassium Iodide) Guar/Xanthan Gums, Natural and Artificial Flavors, Lecithin, Aminogen® (Enzyme Blend), Silicon Dioxide, Sucralose, Acesulfame Potassium, Lactase (Lactose Digesting Enzyme).

RECOMMENDED USE: Mix two level scoops (yielding the perfect amount of 30g protein per serving or meal) in 8-10 oz of water. Depending on your individual protein needs and muscle-building goals drink 2-4 servings per day. PRO-GRAM can be taken at any time during the day: for instance in the morning upon awaking to put your muscles into an immediate anabolic state; one hour before workouts; after workouts to quickly reverse muscle breakdown by providing critical nutrients for muscle synthesis; prior to going to bed to supply your muscles with extra protein during the recovery & growth process that takes places during sleep; or at any other time.



30g Protein • Only 3g Carbs • Only 3g Fat  
FAST-ACTING and SUSTAINED RELEASE Protein Delivery  
750g of Highly Bio-Active 7-PHASE  
SUPER PROTEIN Powder PER CONTAINER

Vanilla Bean

Dietary Supplement – Net Wt 2.23 lbs (1010g)

PRO-GRAM Product Highlights

- **High Protein:** Full 30g per serving
- **Low Carbs:** Only 3g per serving
- **Low Fat:** Only 3g per serving
- **Fast-Acting and Sustained Release Protein Delivery**
- **Comprehensive 7-Phase Super Protein Blend**
- **Incredible Taste, Great Mixability, Easy Digestibility**
- **No Extra Carbs, Fats & Fillers: Just Quality Protein**
- **Vitamin & Mineral Blend** for Optimum Protein Turnover Rate
- **Aminogen®** to achieve highest amino acid absorption & bio-availability

PRO-GRAM gives you exactly what you really want from a protein: High Protein, a full 30g per serving. This is what many scientists consider to be the optimum amount per meal or serving. Our protein comes with very low carbs and low fat. Carbs and fats don't build muscle. They have no business in a protein. Leave it to the competition to add waist-expanding fillers to your protein. Next we give you a comprehensive 7-phase super protein blend (micro-filtered whey protein concentrate & isolate, calcium caseinate, milk protein isolate, micellar casein, egg albumin and hydrolyzed whey protein) for fast-acting and sustained release delivery. You drink PRO-GRAM and its protein fractions go straight to work and they do so for many hours supplying your muscles with highly bio-available anabolic & anti-proteolytic amino acids.

To further enhance the bioavailability of the protein fractions in PRO-GRAM we included Aminogen®, an enzyme that assists your body in the breakdown of protein and absorption of the resulting individual amino acids. We also added a comprehensive spectrum of vitamins and minerals to assure the best possible turnover rate from nutritional protein into human muscle protein. Coupled with its incredible taste, great mixability and easy digestibility PRO-GRAM is the one protein formula that gives you what you really want: The best quality protein blend modern technology can provide without unnecessary extras and fillers. For muscle-building there is no better protein than PRO-GRAM.

PRO-GRAM is developed by and exclusively manufactured for:  
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