

BEACHBODY NUTRITIONALS' WHEY PROTEIN POWDER is a great way to increase the protein content of a meal or snack. We all struggle with getting enough protein in our diets without also consuming too much fat and cholesterol. Adding this protein supplement is the easiest and safest way to ensure that your body gets the protein it needs. Beachbody Nutritionals' Whey Protein Powder's great taste was formulated to be mixed alone with water, or to be added to fruit smoothies, sprinkled over cereal or dessert, or mixed with milk for a great-tasting and healthy (yet decadent) chocolate shake.

WHY WHEY PROTEIN? Whey protein is the highest biologically active protein known to measurably enhance muscle recovery after exercise. A high biological value means it may yield more usable grams of amino acids. It also contains the highest concentration of branched-chain amino acids (BCAAs) of any single protein source. This BCAA content is important to active people because BCAAs are an integral part of muscle metabolism and are the first amino acids sacrificed during muscle protein breakdown, making whey protein a vital supplement for most conditioning programs.

DIRECTIONS: Add one scoop (28.5 g) of Whey Protein Powder to 1/2 cup (4 fl oz) of water or beverage (milk, soy milk, rice milk, juice, etc.). May be mixed in a blender for smoother consistency.

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

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chocolate flavored



Whey Protein Powder

Drink Mix

- Makes a great-tasting shake!
- 18 grams of protein per serving
- Low-fat formula
- No preservatives

PERFORMANCE
nutrition

NET WT 1 LB 14.6 OZ (855 G) NUTRITIONAL SHAKE MIX

Nutrition Facts

Serving Size 1 Scoop (28.5 g)
Servings Per Container 30

| Amount Per Serving | | % Daily Value** | |
|-------------------------------|--|----------------------|------------|
| Calories 110 | | Calories from Fat 20 | |
| Total Fat 2 g | | | 3% |
| Saturated Fat 1 g | | | 5% |
| Cholesterol 30 mg | | | 10% |
| Sodium 40 mg | | | 2% |
| Potassium 197 mg | | | 6% |
| Total Carbohydrate 4 g | | | 1% |
| Dietary Fiber 1 g | | | 4% |
| Sugars 2 g | | | † |
| Protein 18 g | | | 36% |

Not a significant source of vitamin A, vitamin C, calcium, or iron.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
†Daily Value (DV) not established

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|----------------|-------------|
| Total Fat | Less than | 65 g | 80 g |
| Sat. Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2,400 mg | 2,400 mg |
| Potassium | | 3,500 mg | 3,500 mg |
| Total Carbohydrate | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |
| Protein | | 50 g | 65 g |
| Calories per gram: | | | |
| Fat 9 | • | Carbohydrate 4 | • Protein 4 |

| AMINO ACID COMPOSITION per 28.5 grams | |
|---------------------------------------|---------|
| Alanine | 934 mg |
| Arginine | 433 mg |
| Aspartic Acid | 2006 mg |
| Cystine | 456 mg |
| Glutamic Acid | 889 mg |
| Glycine | 342 mg |
| Histidine | 364 mg |
| Isoleucine | 1162 mg |
| Leucine | 2052 mg |
| Lysine | 1710 mg |
| Methionine | 387 mg |
| Phenylalanine | 638 mg |
| Proline | 1048 mg |
| Serine | 889 mg |
| Threonine | 1208 mg |
| Tryptophan | 319 mg |
| Tyrosine | 570 mg |
| Valine | 1094 mg |

INGREDIENTS: Whey protein concentrate, fructose, cocoa powder, mono- and diglycerides, guar gum, natural and artificial chocolate flavors, lecithin, and acesulfame potassium.

ALLERGY INFORMATION:
Contains milk- and soy-based ingredients.

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