

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) vanilla 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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vanilla 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 35 mg			12%
Sodium 40 mg			2%
Potassium 137 mg			4%
Total Carbohydrate 5 g			2%
Dietary Fiber 1 g			4%
Sugars 3 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	942 mg
Arginine	436 mg
Aspartic Acid	2023 mg
Cystine	459 mg
Glutamic Acid	896 mg
Glycine	344 mg
Histidine	367 mg
Isoleucine	1172 mg
Leucine	2069 mg
Lysine	1724 mg
Methionine	390 mg
Phenylalanine	643 mg
Proline	1057 mg
Serine	896 mg
Threonine	1218 mg
Tryptophan	321 mg
Tryosine	574 mg
Valine	1103 mg

INGREDIENTS: Whey protein concentrate, fructose, mono- and diglycerides, guar gum, natural and artificial vanilla flavors, lecithin, silicon dioxide, and acesulfame potassium.

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

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