THE MOST DELICIOUS **PROTEIN SHAKE** YOU'LL EVER TRY!



NO AMINO SPIKING!

DIRECTIONS

Add one (1) heaping scoop of Whey 25[™] Hi-Protein Powder to 8-10 ounces of cold water, milk or beverage of choice. Increase or decrease the amount of liquid to tailor flavor and consistency to your desired preference. BEFORE AND AFTER EXERCISE

Makes an excellent pre and post workout shake. Best results when taken 30 minutes before and after exercise. WITH MEALS

Use Whey 25[™] Hi-Protein Powder with your meals to increase desired protein quantity.

ALLERGY INFORMATION

Contains Milk and Soy Lecithin.

NOTICE: Do not use as a sole source of nutrition. Keep out of reach of children. Sold by weight, not by volume. Store in a cool, dry place. ** Amounts may vary per batch. Per Serving



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COOKIE: Naturally and





Essential Amino Acids

Per Serving

LOADED WITH GLUTAMINE, ARGININE AND BCAAs* **GREAT TASTING LOW CARB FORMULA**

SUGAR

Per Serving

NET WT. 5.0 LBS. (2270g)

BCAAs

Per Serving

Nutrition Facts Serving Size: 1 heaping scoop (36g)

Servings Per Container: About 63

Amount Per Serving

Calories 134	Calories from Fat 18
	% Daily Value [†]
Total Fat 2 g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 105mg	4%
Total Carbohydrat	es 4g 2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 25g	50%
Vitamin A 0%	Vitamin C 0%
Calcium 16%	• Iron 1%

Ingredients:

Ultra Premium Protein Blend (Cold-Filtered Whey Protein Concentrate and Whev Protein Isolate), 100% Low DE Maltodextrin Complex (Containing short, medium and long linear chains). Cookie Bits (Unbleached Enriched Wheat Flour, Sugar, Palm & Soybean Oil, Fructose Cornstarch, Sodium Bicarbonate) Natural and Artificial Flavors Xanthan Gum, Acesulfame Potassium, Sucralose and Soy Lecithin.

ALLERGY INFORMATION: CONTAINS MILK. WHEAT AND SOY.

Manufactured in an

†Percent Daily Values are based on a 2.000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	CALORIES	2000	2500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Cholesterol	Less than	300g	300g
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Protein		50g	65g
Calories Per Gram: Fat 9 • Carbohydrates 4 • Protein 4			4

*NATURALLY OCCURRING



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