

Nutrition Facts

Serving Size 1 Bottle (16 fl oz)

Amount Per Serving

Calories 90 Calories from Fat 0

Total Fat 0g **% Daily Value***

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 2g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 20g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* 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: 2,000 2,500

Total Fat Less than 65g 80g

Sat. Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Protein 50g 65g

DIRECTIONS: For anytime protein during the day, consume 1 bottle.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

*Naturally Occurring Branched Chain Amino Acids (BCAAs) ■ Not a low calorie food.



MUSCLE
SUPPORT



RECOVERY



HYDRATION



ANYTIME

V-1,006-1015US 6035768



CA CRV ME 5¢

PROTEIN
WATER

- 20 G Protein from 100% Whey Isolate
- Supports Muscle Recovery & Hydration
- Use Anytime Before, During & After Exercise to Help Protein Goals



PROTEIN WATER

ICY BLUE
RASPBERRY
Naturally and Artificially Flavored

WHEY PROTEIN ISOLATE INFUSED WATER

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION. 16 FL OZ (473 mL)

20
GRAMS
PROTEIN

4.5*
GRAMS
BCAAs

0
FAT
SUGAR*

TRUE STRENGTH®
WWW.OPTIMUMNUTRITION.COM



Ingredients may settle.
Shake before opening.
Best enjoyed cold.