# PERFORMANCE

## THE TRUE STRENGTH OF VERSATILITY

ON's latest industry first is an uncompromising blend of whey proteins designed to provide anyone who's pursuing a performance goal with a versatile combination of mixability, convenience and value along with ON's legendary quality. Because it's instantized, our Performance Whey™ Ultra-Filtered & Concentrated Blend mixes up effortlessly in as little as 3 to 4 ounces of water using just a glass and spoon. Thirsty for more? A 6 to 8 ounce shake goes down with the same smooth milkshake taste. This superior quality performance blend is ready to go to work before and after workouts, in between meals, or any other time that you need a guick hit of premium whey protein.



## THE ULTRA-FILTERED & **CONCENTRATED WHEY BLEND**

- Ultra-Filtered & Concentrated Whey Protein
- Instantized for Easy Mixing
- Smooth Drinking Milkshake Taste



1 (800) 705-5226 TRUESTRENGTH.COM



# PERFORMANCE

ULTRA-FILTERED & CONCENTRATED SWHEY PROTEIN COMPLEX\*

**VANILLA SHAKE** 



## **Nutrition Facts**

Serving Size 1 Rounded Scoop (38g) Servings Per Container 25

Amount Per Serving

Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 120mg	5%
Total Carbohydrat	te 9g 3%
Sugars 3g	
Protein 22g	44%

• Calcium 8% Iron Not a Significant Source of Dietary Fiber.

Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on

	Calories:	2,000	2,500	
otal 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	
Calories per gram:				
at 9 •	Carbohydrate 4		Protein 4	

Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Protein Isolate. Hydrolyzed Whey Protein Concentrate), Creamer (Glucose Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate, Silicon Dioxide, Titanium Dioxide, Mono & Diglycerides, Turmeric and Annatto Extracts, Artificial Flavors), Medium Chain Triglycerides, Natural and Artificial Flavors. Lecithin. Acesulfame Potassium, Sucralose,

ALLERGEN INFORMATION: CONTAINS MILK AND SOY (LECITHIN) INGREDIENTS

## **DIRECTIONS:**

**ULTRA-CONCENTRATED WHEY PROTEIN** SHOT - Mix one rounded scoop of Performance Whey™ with 3-4 ounces of cold water or milk for 15-20 seconds.

WHEY PROTEIN SHAKE - Add one rounded scoop of Performance Whey™ to a glass or shaker cup filled with 6-8 ounces of cold water, milk, or juice. Mix for 20-30 seconds. Store in a cool, dry place.

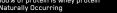
## **MAKES A SHOT OR A SHAKE**

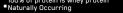


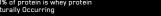
- Mixes Easily Shaker Cup Optional
- Milkshake Taste in 3-4 or 6-8 oz of Water
- Advanced Blend of All-Whey **Proteins**
- ON Quality at an Exceptional Value

















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