

# Know Your Protein!

## SELECT PROTEIN™

The Science–Based Protein

Do You *Just* Whey?

If you're a regular protein user, there's something you **need to know**. When it comes to optimally building lean muscle, 100% whey protein is NOT THE KING like you've been led to believe.

**Nature has it right.** When researchers tested a combination of **whey protein + casein protein**, as found naturally in milk protein, they discovered that the two protein sources work together in a synergistic manner to build lean muscle.

Researchers have also found the combination of whey protein **with** casein protein results in a **quick increase in protein synthesis** along with a **sustained elevation in plasma leucine levels**.

**It is important to consume both whey and casein protein together.** That is why we have formulated SELECT PROTEIN with Milk Protein Isolate, the first ingredient of our formula, which is comprised naturally of both casein and whey protein. This combination acts in a way that 100% whey protein cannot.

**This is the science SELECT PROTEIN™ is formulated from... a combination of the highest quality Milk Protein Isolate and Whey Protein Concentrate 80%.**

## Amino Acid Composition

### Essential Amino Acids Typical Amount per Serving: ~ 10 g

Isoleucine*	Phenylalanine
Leucine*	Threonine
Lysine	Tryptophan
Methionine	Valine*

### Conditional Amino Acids Typical Amount per Serving: ~ 9 g

Arginine	Histidine
Cysteine	Proline
Glutamic Acid	Tyrosine

### Non– Essential Amino Acids Typical Amount per Serving: ~ 4.5 g

Alanine	Aspartic Acid
Glycine	Serine

\* ~ 5 g BCAAs

**For More Information and Delicious Recipes: [SelectProtein.com](http://SelectProtein.com)**

**PE**SCIENCE

**55**

Servings

**24 g**

Protein

**1.5g**

Fat

# select



*made with crushed vanilla bean*

For illustration purposes only.

# PROTEIN™

**Taste the Quality | Select the Best**

- Premium Whey+Casein Blend
- Finest Milk Protein Isolate
- 5 g BCAAs
- **LEU** **PepForm®**  
Leucine Peptides

## Nutrition Facts

Serving Size: 1 Scoop (31 g)  
Servings Per Container: 55

Amount Per Serving		Calories from Fat 13.5	
		% Daily Value*	
<b>Calories</b> 120			
<b>Total Fat</b> 1.5 g			<b>2.5%</b>
Saturated Fat <1g			<b>2%</b>
Trans Fat 0 g			
<b>Cholesterol</b> 45 mg			<b>15%</b>
<b>Sodium</b> 230 mg			<b>10%</b>
<b>Potassium</b> 130 mg			<b>4%</b>
<b>Total Carbohydrate</b> 2.5 g			<b>&lt;1%</b>
Dietary Fiber < 1 g			<b>&lt;1%</b>
Sugars 1.5 g			
<b>Protein</b> 24 g			<b>47%</b>
Vitamin A <1%	Vitamin C 0%		
Calcium 33%	Iron <1%		
* 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

**Ingredients:** Select Protein Blend (Milk Protein Isolate [comprised of casein protein and whey protein], Whey Protein Concentrate 80%, Leucine Peptides), Sodium Chloride, Natural And Artificial Flavors, Guar Gum, Sucralose, Acesulfame Potassium, Ground Vanilla Beans.

**Contains milk and soy ingredients.**

Manufactured for PEScience LLC (3665 East Bay Dr. #204-155 Largo, FL 33771 USA. Ph: 888-885-0195)

**GLUTEN FREE**

PepForm® is a trademark of Glanbia plc.

**DIRECTIONS:** Mix one scoop of SELECT PROTEIN with ~8 oz cold water. Amount of water can be adjusted to meet your taste preference. To increase your protein intake per serving or to achieve a richer taste, use non-fat or low fat milk, or a milk substitute. Consume enough protein to meet your daily protein requirement through a combination of high protein foods and protein supplements.

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

This product is only intended to be consumed by healthy individuals over the age of 18. Pregnant or nursing women should not use this product without first consulting their physician. Discontinue use and immediately consult your healthcare professional if you experience any adverse reaction to this product. Do not use if safety seal is broken or missing.

STORE IN A COOL, DRY PLACE.  
CONTENTS SOLD BY WEIGHT NOT VOLUME.



1. Soop, Mattias, et al. "Coingestion of Whey Protein and Casein in a Mixed Meal: Demonstration of a More Sustained Anabolic Effect of Casein." American Journal of Physiology (2012): n. pag. Print.  
2. Lacroix M, Bos C, Leonil J, et al. "Compared with casein or total milk protein, digestion of milk soluble proteins is too rapid to sustain the anabolic postprandial amino acid requirement." Am J Clin Nutr. 2006 Nov;84(5):1070-1079  
3. Boirie, Yves, et al. "Slow and Fast Dietary Proteins Differently Modulate Postprandial Protein Accretion." Proceedings of the National Academy of Sciences 94.26 (1997): 14930-4935. Web.

*Amazing* **GOURMET VANILLA**

Naturally and Artificially Flavored

**PROTEIN POWDER DRINK MIX**

**Net Wt (3.76 lbs) (1.71 kg)**