## **Know Your Protein!**

## SELECT PROTEIN<sup>™</sup> 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 whev 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<sup>™</sup> is formulated from...a combination of the highest quality Milk Protein Isolate and Whev Protein Concentrate 80%

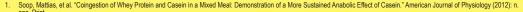
## Amino Acid Composition

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

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Isoleucine*	Phenylalanine	
Leucine*	Threonine	
Lysine	Tryptophan	
Methionine	Valine*	
<b>Conditional Amino Acids</b> 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 a BCAAs

For More Information and Delicious Recipes: SelectProtein.com



- 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."
- 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



PESCIENCE

Naturally and Artificially Flavored



55

Servinas

Taste the Quality | Select the Best

Protein

- Premium Whey+Casein Blend
- Finest Milk Protein Isolate
- 5 g BCAAs

made with crushed

🔹 🔤 PepForm

Net Wt (3.76 lbs) (1.71 kg)

**PROTEIN POWDER DRINK MIX** 







# **Nutrition Facts**

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

Amount Per Serving				
Calories 120	С	alories from Fat 13.5		
		%	Daily Value*	
Total Fat 1.5 g 2.5			2.5%	
Saturated Fat <1g 29			2%	
Trans Fat 0 g				
Cholesterol 45 mg 15%				
<b>Sodium</b> 230 mg <b>10%</b>				
Potassium 130 mg 4%				
Total Carbohydrate 2.5 g <1%				
Dietary Fiber < 1 g <1%				
Sugars 1.5 g				
Protein 24 g 47%			47%	
Vitamin A <1% Vitamin C		n 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<sup>®</sup> 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 vour 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.

