

## True Strength Starts in the Morning

Breakfast is the most important meal of the day and busy mornings don't always allow time to make a bowl of oatmeal in addition to having your protein shake. Now there's a solution to help Fuel Your Morning with ease. **WHEY & OATS** - a convenient and delicious way to help complete your breakfast by getting whey - a complete protein with all the essential amino acids to support muscle recovery, and oats - a complex carbohydrate that provides energy to support strength and endurance. Set a good foundation for the day with WHEY & OATS in breakfast-inspired flavors in a smooth, easy-to-mix shake.



EASY MIXING

**DIRECTIONS:** For a convenient breakfast-time shake, just add a scoop of WHEY & OATS to a glass or shaker cup filled with 6-8 fl oz of cold water or your favorite beverage. Then stir or shake for 20-30 seconds or until powder is dissolved.



ALSO TRY **GREEK YOGURT PROTEIN SMOOTHIE TO HELP FUEL YOUR BUSY MORNINGS.**

MANUFACTURED IN THE USA  
This product contains ingredients of international and domestic origin

**ON** TRUE STRENGTH  
OPTIMUMNUTRITION.COM

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING.



Fuel your Morning!

# WHEY & OATS™

- + MADE WITH PREMIUM WHEY PROTEIN
- + COMPLEX CARBOHYDRATES FROM WHOLE OATS
- + AS MUCH FIBER AS A BOWL OF OATMEAL<sup>1</sup>  
(1 CUP, PREPARED)

Protein Oatmeal Powder Drink Mix  
NET WT 1.54 LB (700 G)

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

**14** BANNED SUBSTANCE TESTED

**27G**  
PROTEIN

**190**  
CALORIES

**4G**  
FIBER

CHOCOLATE GLAZED DONUT  
Naturally and Artificially Flavored

## Nutrition Facts

14 servings per container

Serving size About 1 Scoop (50g)

Amount per serving  
**Calories 190**

% Daily Value\*

<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 2g	
<b>Protein</b> 27g	<b>54%</b>
Calcium 140mg	10%
Iron 1.7mg	10%
Potassium 260mg	6%

Not a significant source of trans fat, added sugars and vitamin D.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Whole Oat Flour, Oat Bran, Natural and Artificial Flavor, Cocoa (Processed with Alkali), Salt, Lecithin, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Cellulose Gum, Guar Gum, Sucralose.

CONTAINS: MILK AND SOY. MAY CONTAIN WHEAT.

CONTENTS SOLD BY WEIGHT, NOT VOLUME



INFORMED-CHOICE is a quality assurance program for sports nutrition products. The program certifies that nutritional supplements that bear the Informed-Choice logo have been tested for banned substances by the world class sports anti-doping lab, LGC Limited.

MANUFACTURED BY  
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