

# Know Your Protein!

Do You *Just* Whey?

If you're a regular whey protein user, there's something you need to know. When it comes to optimally building lean muscle, 100% whey protein is NOT ENOUGH.

**Nature had 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 [1][2].

100% whey protein in isolation only gets you so far... it can spike protein synthesis with an influx of amino acids, but quickly returns to baseline, leaving you where you started.

**It is important to consume both whey and casein protein together.**

In another published study, researchers found the combination of whey protein with casein protein resulted in a **quick increase in protein synthesis** along with a **sustained elevation in plasma leucine levels**[3]. Plasma leucine levels are a key dictator of muscle protein synthesis, and thus, a combination of whey protein and casein protein may serve to maximize muscle protein accumulation.

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

## SELECT PROTEIN™: The Science-Based Protein

	SELECT PROTEIN™	OTHER PROTEINS
Premium Whey/Casein Blend	YES	Not Likely
Leucine Peptides	YES	Not Likely
Whey Protein Concentrate 80%	YES	Not Likely
Cheap Amino Fillers	NO	Highly Probable
Amazing Taste with 1.5g total fat	YES	Not Likely

**SelectProtein.com**

**PE**SCIENCE

**27**

Ultra Pure  
Servings

**24g**

Premium  
Protein

**1.5g**

Total Fat

# select



*made with crushed  
vanilla bean*

# PROTEIN™

## Formulated From Science

- Superior Whey/Casein Blend
- Ultra-Pure Milk Protein Isolate
- 5 Grams BCAAs

**LEU PepForm®**  
Leucine Peptides

GLUTEN  
FREE

PROTEIN POWDER

Net Wt 1.85lbs (837g)

## Nutrition Facts

Serving Size: 1 Scoop (31 g)  
Servings Per Container: 27

Amount Per Serving		% Daily Value*	
<b>Calories</b>	116	Calories from Fat 13.5	
<b>Total Fat</b>	1.5 g	2.5%	
Saturated Fat	<1g	3%	
Trans Fat	0 g		
<b>Cholesterol</b>	45 mg	15%	
<b>Sodium</b>	234 mg	10%	
<b>Potassium</b>	132 mg	4%	
<b>Total Carbohydrate</b>	2.5 g	<1%	
Dietary Fiber	<1 g	<1%	
Sugars	1.5 g		
<b>Protein</b>	24 g	48%	
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:** Ultra Premium 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.

**Allergen Information:** Contains milk and soy (lecithin) ingredients.

Manufactured for Physique Enhancing Science  
(Largo, FL 33771. USA. Ph: 888-885-0195)

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**DIRECTIONS FOR USE:** Mix one scoop of SELECT PROTEIN™ with 6–8 oz. of cold water. Amount of water can be adjusted to meet your individual taste preference. To increase your protein intake per serving or to achieve a richer taste, use non-fat or low fat milk. Take 1–3 servings daily.

**Warning:** This product is only intended to be consumed by healthy individuals. Pregnant or nursing women should not use this product. Discontinue use 2 weeks prior to surgery. Discontinue use and immediately consult your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. KEEP OUT OF REACH OF CHILDREN.



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):1070-1075.  
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**  
Natural & Artificially Flavored