

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 Only 1g Total Fat	YES	Not Likely

SelectProtein.com

PESCIENCE

27

Ultra Pure
Servings

23 g

Premium
Protein

1 g

Total Fat

select



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 1.93 lbs (0.88 kg)

Nutrition Facts

Serving Size: 1 Scoop (32.5 g)
Servings Per Container: 27

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Calories 120			
Total Fat 1 g			2%
Saturated Fat 0.5 g			3%
Trans Fat 0 g			
Cholesterol 45 mg			15%
Sodium 280 mg			12%
Potassium 240 mg			7%
Total Carbohydrate 4 g			1%
Dietary Fiber < 1 g			1%
Sugars 3 g			
Protein 23 g			46%
Vitamin A 0%		Vitamin C 0%	
Calcium 32%		Iron 0%	
* 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), Natural And Artificial Flavors, Sodium Chloride, Potassium Chloride, Cocoa Powder, Guar Gum, Sucralose, Acesulfame Potassium.

Allergen Information: Contains peanut, 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.

Chocolate **PEANUT BUTTER CUP**

Natural & Artificially Flavored