

WHEY

Whey protein is a staple of fitness and physique enhancement supplementation because it is a very powerful complete protein that has all the amino acids needed for building tissue effectively with high availability to the body.†

WARNINGS: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult a health care provider before use if any medical conditions, or if you are using any prescription or over the counter medications. Consult a health care provider before starting any diet or exercise program. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Use only as directed. Do not use if safety seal on this package has been broken.

† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

PN's manufacturer's production facility is NSF cGMP Certified

www.physiquenutrition.net

64 SERVINGS



Whey

High in muscle building complete protein†

Low in fat

3g carbohydrates per serving

28g
PROTEIN

DIETARY SUPPLEMENT
NET WT 5 lb (2.27 kg)

NEW

Typical Amino Acid Profile	Amount Per Serving	% Daily Value
Alanine	1292 mg	**
Arginine	729 mg	**
Aspartic Acid	2971 mg	**
Cystine	704 mg	**
Glutamic Acid	4712 mg	**
Glycine	487 mg	**
Histidine	407 mg	**
Isoleucine	1690 mg	**
Leucine	2807 mg	**
Lysine	2654 mg	**
Methionine	646 mg	**
Phenylalanine	815 mg	**
Proline	1721 mg	**
Serine	1473 mg	**
Threonine	2033 mg	**
Tryptophan	452 mg	**
Tyrosine	777 mg	**
Valine	1522 mg	**

DIRECTIONS FOR USE

Mix 1 scoop with 8 oz cold water or milk. For men take 1-3 servings after weight training (1 serving per 100 lbs of lean body weight). For women, take 1-2 servings after weight training (½ serving per 60 lbs of lean body weight).

KEEP OUT OF REACH OF CHILDREN. Store at 15°-30°C (59°-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken.



Supplement Facts

Serving Size : 35g (1 Scoop)
Servings Per Container : About 64 Servings

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	1.5 g	2%*
Saturated Fat	1 g	5%*
Cholesterol	65 mg	22%
Total Carbohydrate	3 g	1%*
Total Sugars	2 g	**
Protein	28 g	
Calcium	140 mg	11%
Sodium	60 mg	3%
Potassium	178 mg	4%

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

INGREDIENTS: Whey Protein Concentrate, Whey Protein Isolate, Natural Flavors, Xanthan Gum, Sucralose, Soy Lecithin.

ALLERGEN WARNING: Contains ingredients from milk and soy. Made in a facility that also processes sesame, egg, tree nuts, peanuts, fish/crustaceans/shellfish oils, and wheat products.

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Manufactured in the USA from domestic and imported ingredients for:
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PHYSIQUENUTRITION.NET

VANILLA