

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



2-2016 V2

Manufactured in the USA from domestic and imported ingredients for:
Physique Nutrition Inc., a Pennsylvania Corporation
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PHYSIQUENUTRITION.NET

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26 SERVINGS



NEW

Whey

High in muscle building complete protein†

Low in fat

3g carbohydrates per serving

28g
PROTEIN

DIETARY SUPPLEMENT
NET WT 2 lb (907 g)



CHOCOLATE

Supplement Facts

Serving Size : 35g (1 Scoop)
Servings Per Container : About 26 Servings

	Amount Per Serving	% Daily Value
Calories	140	
Total Fat	1.5 g	2%*
Saturated Fat	1 g	5%*
Cholesterol	45 mg	15%
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%
Total Sugars	1 g	**
Protein	28 g	
Calcium	134 mg	10%
Sodium	55 mg	2%
Potassium	291 mg	6%

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

INGREDIENTS: Whey Protein Concentrate, Whey Protein Isolate, Cocoa Powder, 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.

Typical Amino Acid Profile	Amount Per Serving	% Daily Value
Alanine	1308 mg	**
Arginine	675 mg	**
Aspartic Acid	2920 mg	**
Cystine	682 mg	**
Glutamic Acid	4631 mg	**
Glycine	464 mg	**
Histidine	407 mg	**
Isoleucine	1709 mg	**
Leucine	2763 mg	**
Lysine	2624 mg	**
Methionine	625 mg	**
Phenylalanine	808 mg	**
Proline	1668 mg	**
Serine	1387 mg	**
Threonine	1967 mg	**
Tryptophan	472 mg	**
Tyrosine	766 mg	**
Valine	1493 mg	**

DIRECTIONS FOR USE

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.