

**THE OBJECTIVE:**  
DIG INTO A DELICIOUS MUSCLE REPAIRING AND HUNGER CRUSHING PROTEIN DRINK. ENJOY YOUR PROTEIN REQUIREMENTS LIKE YOU NEVER THOUGHT POSSIBLE.\*



**RATION SUGGESTED USE:**  
FOR BEST RESULTS, MIX (1) SCOOP OF RATION WITH 4-6 OUNCES OF YOUR FAVORITE BEVERAGE POST WORKOUT OR ANYTIME THROUGHOUT THE DAY THAT YOU NEED AN ADDITIONAL PROTEIN SNACK. FOR INDIVIDUALS UNDER 200LBS, USE (1) SCOOP PER SERVING; FOR INDIVIDUALS OVER 200LBS, USE (2) SCOOPS PER SERVING.

**REDCON1**

NOTICE: Use this Product as a food supplement only. Do not use for weight reduction.

WHEY PROTEIN BLEND



65 SERVINGS

# RATION

TRAIN, REPAIR\*, DOMINATE

WHEY PROTEIN BLEND



PROTEIN POWDER DRINK MIX  
NET WT. 5 LBS (2.27G)

CHOCOLATE  
NATURALLY AND ARTIFICIALLY FLAVORED

\*REPAIRS MUSCLE DAMAGE FROM TRAINING \*HYDROLYSATE/CONCENTRATE SOURCES \*MIXES EXTREMELY WELL

## Nutrition Facts

Serving Size: 1 Scoop (34g)  
Servings Per Container: 65

	Amount Per Serving	%D.V.
Calories	130	**
Total fat	3g	4%
Saturated fat	1.5g	8%
Trans fat	0g	
Cholesterol	75mg	25%
Sodium	160mg	7%
Total Carbohydrate	3g	1%
Dietary Fiber	0g	0%
Total Sugars	2g	
Includes 0g Added Sugars	0%	0%
Protein	24g	48%
Vitamin D	0mcg	0%
Calcium	129mg	10%
Iron	0mg	0%
Potassium	141mg	4%

\*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: Whey Protein Hydrolysate, Whey Protein Concentrate, Cocoa processed with alkali, Natural Flavor, Salt, Sunflower Lecithin, Cellulose Gum, Xanthan Gum, Sucralose, Acesulfame Potassium. Contains Milk and Soy.

† 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.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300g
Sodium	Less than 2400mg	2,400g
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

MANUFACTURED FOR AND DISTRIBUTED BY: REDCON1 SUPPLEMENTS  
TEL: 561-961-8349 1141 S ROGERS CIRCLE SUITE 3 BOCA RATON, FL 33487



WARNING: KEEP OUT OF THE REACH OF CHILDREN. This product is intended to be consumed by healthy adults 18 years of age or older. Before using this product, seek advice from your pharmacist or physician. Avoid using this product if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver or kidney disease, seizure disorder, thyroid disease, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking MAO Inhibitor or any other medication or supplements. Do not use if you are pregnant or nursing, prone to dehydration or exposed to excessive heat. Discontinue use and consult your healthcare professional.

WARNING: Consuming this product can expose you to chemical lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.p65warnings.ca.gov/food



AMINO ACID CONTENT PER SERVING

Alanine	1252 mg
Arginine	693 mg
Aspartic Acid	2633 mg
Cystine	527 mg
Glutamic Acid	4448 mg
Glycine	459 mg
Histidine	445 mg
Isoleucine	1438 mg
Leucine	2708 mg
Lysine	2372 mg
Methionine	568 mg
Phenylalanine	785 mg
Proline	1451 mg
Serine	1272 mg
Threonine	1742 mg
Tryptophan	418 mg
Tyrosine	729 mg
Valine	1464 mg

Allergen Warning: Manufactured on shared equipment which processes products containing milk, egg, soybeans, wheat, tree nuts, and peanuts. Settling may occur. Keep in a cool dry place. Store at 59-86°F (15-30°C)

@REDCON1



WWW.REDCON1.COM