

**25g** OF PROTEIN  
PER SCOOP



100% WHEY  
PROTEIN<sup>†</sup>



1.5g FAT &  
5g CARBS



GREAT TASTE

EVERY BATCH TESTED FOR  
POTENCY • PURITY • QUALITY

Suggested Use: To help meet daily protein requirements, take  
one (1) scoop with 8–12 fl oz of water.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.  
Not a low calorie food. Keep in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

<sup>†</sup>100% of the protein in this product comes from Whey Isolate.

⚠️ CA WARNING: This product can expose you to chemicals including 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.P65Warning.ca.gov/food](http://www.P65Warning.ca.gov/food)



**RAW**

SHOW UP. EVEN WHEN YOU'RE TIRED, WHEN YOU'RE BUSY,  
WHEN IT'S RAINING. WHEN YOU'RE LATE. WHEN IT HURTS.  
CHAMPIONS DON'T MAKE EXCUSES.  
THEY MAKE TIME, SACRIFICES, AND PROGRESS.  
KEEP YOUR ROUTINE. KEEP YOUR PROMISES.  
DO IT WHEN NOBODY'S WATCHING. DO THE HARD THING.  
NEVER QUIT ON YOURSELF.  
WIN THE DAY. THEN DO IT AGAIN TOMORROW.  
BECOME UNSTOPPABLE.  
BE A CHAMPION.

# ITHOLATE<sup>®</sup> PROTEIN



CHAMPION  
MENTALITY  
COOKIES & CREAM FLAVOR  
NATURAL FLAVORS  
PROTEIN POWDER MIX • Net Wt. 31.75 oz (900g)  
Sold By Weight. Not Volume.

25 SERVINGS

**25g** OF PROTEIN  
PER SCOOP



100% WHEY  
PROTEIN<sup>†</sup>



1.5g FAT &  
5g CARBS

## Nutrition Facts

25 servings per container  
Serving size 1 Scoop (36g)

Amount per serving  
**Calories** 130

% Daily Value\*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 240mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 25g 50%

Vitamin D 0.1mcg 0%

Calcium 120mg 10%

Iron 1.3mg 8%

Potassium 160mg 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 as  
general nutrition advice.

Ingredients: Whey Protein Isolate, Cocoa Powder, Chocolate Cookie Crumb (Rice  
Flour, Sugar, Tapioca Starch, Palm Oil, Cocoa processed with alkali, Corn Starch, Salt,  
Chocolate Liqueur, Natural Flavor, Sodium Bicarbonate), Chocolate Cookies Piece  
(Sugar, Tapioca Starch, Rice Flour, Cocoa processed with alkali, Palm Oil, Corn Starch,  
Natural Flavors, Salt, Sodium Bicarbonate, Soy Lecithin), Natural Flavors, Gum Blend  
(Guar Gum, Gum Acacia, Xanthan Gum), Sea Salt, Sucralose, Sunflower Lecithin.

CONTAINS: MILK, SOY.

# 3UM

ITHOLATE PROTEIN

FORMULATED, TESTED & TRUSTED BY

CHRIS BUMSEAD

6x MR.OLYMPIA



Distributed by RAW SPORT SUPPLEMENT COMPANY LLC  
760 NW Enterprise Dr. Port St. Lucie, FL 34986  
info@getrawnutrition.com  
Contains a Bioengineered Food Ingredient.

Manufactured in a facility that also processes Milk, Soy, and Egg.



ENTER TO WIN THE CHAMPION  
MENTALITY GIVEAWAY.  
SCAN HERE TO LEARN MORE  
& TELL YOUR STORY!



WHY IS INFORMED PROTEIN  
IMPORTANT TO ATHLETES?

The Informed Protein logo is a  
mark of assurance for consumers  
and athletes that the protein levels  
listed on the label are accurate.

Analyzed, verified, certified.

For more information please visit:  
[protein.wetestyourtrust.com](http://protein.wetestyourtrust.com)

NO QUIT

