USN

USN®

# PREMIUM WHEY+

EXTENDED-RELEASE PROTEIN BLEND

ABOUT 63 SERVINGS

22G PROTEIN

4.5G BCAAs

GOURMET-TASTING PERFORMANCE PROTEIN




## PREMIUM WHEY+

is a versatile protein powder for athletes looking to optimize their protein intake timing.*

## 7-SOURCE PROTEIN BLEND

Each serving contains 22g of high quality protein from 7-sources to provide a sustained-release of muscle fuel for up to 8 hours.*

## NOT ALL PROTEIN SOURCES ARE THE SAME

The 7 protein sources in Premium Whey+ are digested at varying rates ranging from super-fast to slow. The benefits include optimizing a muscle-building environment for longer periods of time and flexibility in use.*

## UNLIKE ONE-DIMENSIONAL PROTEIN POWDERS

Premium Whey+ can be used as a pre & post-workout shake, anytime meal replacement, and nighttime recovery shake.*

FOR BEST RESULTS

THROUGHOUT THE DAY, BEFORE & AFTER TRAINING, AND AT NIGHT BEFORE SLEEP

**22g PROTEIN = 1 SCOOP**

**44g PROTEIN = 2 SCOOPS**

## RECOMMENDED USE

- Mix 1 scoop (36g) with 8-10 fluid ounces of cold water or milk. Shake or blend thoroughly until powder is dissolved. Adjust the amount of liquid to achieve your desired texture and consistency.
- Premium Whey+ is most effective when consumed in conjunction with a well balanced, whole food diet. Your individual protein needs will vary depending on your activity level, specific fitness goals, and body weight.

## Nutrition Facts

About 63 servings per container

**Serving Size:** **1 scoop (36g)**

**Amount Per Serving**

**Calories** **130**

| | %Daily Value† |
|---|---|
| **Total Fat** 1g | 1% |
| Saturated Fat 0g | 0% |
| *Trans* Fat 0g | |
| **Cholesterol** 45mg | 15% |
| **Sodium** 170mg | 7% |
| **Total Carbohydrate** 8g | 3% |
| Dietary Fiber 1g | 4% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| **Protein** 22g | 44% |
| Vitamin D 0mcg | 0% |
| Calcium 549mg | 40% |
| Iron 1mg | 6% |
| Potassium 300mg | 6% |

†The % Daily Value (DV) 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.
††Daily Values are not established

**INGREDIENTS:** Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Micellar Casein, Calcium Caseinate, Hydrolyzed Whey Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate), Cocoa processed with alkali, Natural & Artificial Flavors, Silicon Dioxide, Salt, Disodium Phosphate, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Acesulfame Potassium, Soy and/or Sunflower Lecithin, Anti-Foam (Polydimethylsiloxane, Methylated Silica).

**ALLERGEN WARNING:** Contains milk, soy.

## TYPICAL AMINO ACID PROFILE

Average milligrams per serving naturally occurring

| | | | |
|---|---|---|---|
| Alanine | 700 mg | Lysine** | 1,790 mg |
| Arginine | 790 mg | Methionine** | 560 mg |
| Aspartic acid | 1,660 mg | Phenylalanine** | 1,000 mg |
| Cystine | 140 mg | Proline | 2,040 mg |
| Glutamic acid | 4,660 mg | Serine | 1,190 mg |
| Glycine | 390 mg | Threonine** | 920 mg |
| Histidine** | 560 mg | Tryptophan** | 270 mg |
| Isoleucine** | 1,070 mg | Tyrosine | 1,070 mg |
| Leucine** | 2,120 mg | Valine** | 1,310 mg |

**Essential Amino Acid

KEEP OUT OF REACH OF CHILDREN. DO NOT PURCHASE IF SAFETY SEAL IS BROKEN OR MISSING. STORE IN A COOL, DRY PLACE.

▲**WARNING:** Consuming 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.P65Warnings.ca.gov/food.**

*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.


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Made in the USA from domestic and imported ingredients

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Version 1.0 39338 PE

## GET TO KNOW THE ABSORPTION RATE OF YOUR PROTEIN SOURCES*

