

SUGGESTED USE: Mix 1 rounded scoop with 8 oz of cold water or milk (adjust liquid for taste preference) and shake well. Have a shake in the morning, after your workout or as a snack. (1-3 shakes daily). For the best results, consume your daily protein allotment over several small meals spread evenly throughout the day.

SHAKER CUP: Bringing a shaker cup with you to the gym is the best way to get a dose of protein immediately after your workout. Just pour in 8 oz of your preferred beverage and then add 1 rounded scoop of Fit Pro Whey Protein to your shaker cup. Cover and shake for 25-30 seconds. Visit womensbest.com to order a Women's Best Shaker.

BLENDER: Add 1 rounded scoop of Fit Pro Whey Protein to a blender filled with 8 oz of cold water or your favorite beverage. Blend for 20-30 seconds. Then add 1 or 2 ice cubes and blend for an additional 30 seconds. **SHAKE UP YOUR SHAKE:** By adding fresh or frozen fruits, peanut butter, flaxseed oil, coconut and other ingredients, you can make an even more delicious shake. **STACK YOUR SHAKE:** You can make Fit Pro Whey Protein an even better post workout product by adding supplements like Creatine, L-Glutamine and BCAA Amino.

TRY SOMETHING NEW: Fit Pro Whey Protein can be used for more than just protein shakes. Try mixing 1 rounded scoop into oatmeal, yogurt, or the milk that you pour over your morning breakfast cereal. Better yet, increase the protein content of muffins, cookies, brownies, etc. by adding 1-2 rounded scoops to your baked goods recipes.

WARNING: THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use if pregnant or nursing. Immediately discontinue use and consult a licensed, qualified healthcare professional if you experience any adverse reaction to this product. Use only as directed. Do not use if safety seal is broken or missing. Store in cool (<25°C / <77°F), dry place. KEEP OUT OF REACH OF CHILDREN. This product is sold by weight, not volume. Some settling of powder may occur during shipping and handling, which may affect desity of powder. This product contains the servings indicated when measured exactly by weight. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6.

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

 **MADE IN GERMANY**

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V01.FDA.KC.0119.01

110
CALORIES

24 g
PROTEIN

5.4 g
BCAAs

0 g
SUGARS



by Krissy Cela

FIT^{PRO} WHEY PROTEIN

100% PREMIUM WHEY PROTEIN

33
SERVINGS

CHOCOLATE FUDGE BROWNIE
Naturally & artificially flavored



NET WT 35.3 OZ
(2.2LB) 1kg

Nutrition Facts	
33 servings per container	
Serving size 1 rounded scoop (30g)	
Amount Per Serving	
Calories 110	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 1g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 24g	48%
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 0mg 0%	Potassium 0mg 0%

*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 ISOLATE, NATURAL FLAVOR, COCOA POWDER, XANTHAN GUM, SUNFLOWER LECITHIN, SALT, SILICON DIOXIDE, SUCRALOSE, ACESULFAME K.

ALLERGEN INFORMATION: CONTAINS MILK. PRODUCED IN A FACILITY THAT ALSO PROCESSES PRODUCTS CONTAINING EGGS AND SOY.

AMINO ACID PROFILE	
L-Alanine	1.44 g
L-Arginine	0.75 g
L-Aspartic Acid	3.25 g
L-Cysteine	0.72 g
L-Glutamic Acid	5.19 g
L-Glycine	0.53 g
L-Histidine	0.38 g
L-Isoleucine	1.94 g
L-Leucine	3.07 g
L-Lysine	2.66 g
L-Methionine	0.62 g
L-Phenylalanine	0.88 g
L-Proline	2.00 g
L-Serine	1.31 g
L-Threonine	2.10 g
L-Tryptophan	0.50 g
L-Tyrosine	0.84 g
L-Valine	1.82 g

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