

Banana

Banana		
NUTRITION FACTS		
Serving Size 3 rounded scoops (165g)		
Servings Per Container about 16		
Amount Per Serving		
Calories 700	Calories From Fat 150	
	%Daily Value†	
Total Fat 17g		26%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 130mg		43%
Sodium 600mg		25%
Potassium 800mg		23%
Total Carbohydrate 90g		30%
Dietary Fiber 6g		24%
Sugars 15g		
Protein 48g		96%
Vitamin A 0% • Vitamin C 0% • Calcium 50% • Iron 4% • Phosphorus 40% • Magnesium 10%		
†Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
Calories	2,000	2,500
Total Fat Less than	65g	80g
Sat Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Ingredients: Protein Matrix Consisting of (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein, Egg Whites, Glutamine Peptides), Maltodextrin, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, and Tocopherols), Natural & Artificial Flavors, Polydextrose, Cellulose Gum, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Lecithin, Salt, FD&C Yellow #5, Xanthan Gum, Guar Gum, Acacia (Gum Arabic), Sucralose, Acesulfame Potassium.		
Allergen Warning: Manufactured on equipment, which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.		
ALLERGEN INFORMATION: Contains Milk, Egg, Wheat and Soy (Lecithin) ingredients.		
*TRUE-MASS® contains 20 grams of naturally occurring essential amino acids, of which 10 grams are branched chain amino acids.		
Contents sold by weight not volume.		
This product has been manufactured by a Good Manufacturing Practices (GMP) facility.		

Chocolate

Chocolate		
NUTRITION FACTS		
Serving Size 3 rounded scoops (165g)		
Servings Per Container about 16		
Amount Per Serving		
Calories 700	Calories From Fat 150	
	%Daily Value†	
Total Fat 17g		26%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 130mg		43%
Sodium 300mg		13%
Potassium 900mg		26%
Total Carbohydrate 90g		30%
Dietary Fiber 6g		24%
Sugars 14g		
Protein 46g		92%
Vitamin A 0% • Vitamin C 0% • Calcium 50% • Iron 40% • Phosphorus 50% • Magnesium 25%		
†Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
Calories	2,000	2,500
Total Fat Less than	65g	80g
Sat Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Ingredients: Protein Matrix Consisting of (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein, Egg Whites, Glutamine Peptides), Maltodextrin, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin and Tocopherols), Cocoa Powder Processed with Alkali, Natural & Artificial Flavors, Polydextrose, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Lecithin, Cellulose Gum, Xanthan Gum, Guar Gum, Acacia (Gum Arabic), Acesulfame Potassium, Sucralose.		
Allergen Warning: Manufactured on equipment, which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.		
ALLERGEN INFORMATION: Contains Milk, Egg, Wheat and Soy (Lecithin) ingredients.		
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Chocolate Peanut Butter

SUPPLEMENT FACTS

Serving Size: 3 scoops (145g) ‡

Servings Per Container: 18

	In 16oz Water		In 16oz Fat Free Milk	
	Amount Per Serving	% DV [†]	Amount Per Serving	% DV [†]
Calories	630		800	
Calories From Fat	140		150	
Total Fat	16g	25%	16g	25%
Saturated Fat	5g	25%	5g	25%
Cholesterol	110mg	37%	118mg	39%
Total Carbohydrates	76g	25%	100g	33%
Dietary Fiber	5g	20%	5g	20%
Sugars	14g	**	38g	**
Protein	46g	92%	62g	124%
Vitamin A	5000IU	100%	5298IU	105%
Vitamin C	60mg	100%	64mg	106%
Vitamin D	400IU	100%	500IU	125%
Vitamin E	30IU	100%	30IU	100%
Vitamin K	80mcg	100%	80mcg	100%
Thiamin	1.5mg	100%	1.7mg	113%
Riboflavin	1.7mg	100%	2.4mg	141%
Niacin	20mg	100%	20mg	100%
Vitamin B6	2mg	100%	2mg	100%
Folic Acid	400mcg	100%	426mcg	106%
Vitamin B12	6mcg	100%	6mcg	100%
Biotin	300mcg	100%	300mcg	100%
Pantothenic Acid	10mg	100%	10mg	100%
Calcium	250mg	25%	852mg	85%
Iron	18mg	100%	18mg	100%
Phosphorus	180mg	18%	180mg	18%
Iodine	150mcg	100%	150mcg	100%
Magnesium	400mg	100%	456mg	114%
Zinc	15mg	100%	17mg	113%
Selenium	70mcg	100%	70mcg	100%
Copper	2mg	100%	2mg	100%
Manganese	2mg	100%	2mg	100%
Chromium	120mcg	100%	120mcg	100%
Sodium	260mg	11%	512mg	21%
Potassium	410mg	12%	1224mg	35%

[†]Percent Daily Values are based on a 2,000 calorie diet. / ^{**}Daily Value Not Established

Other Ingredients: A Sustained Release Ultra-Premium Protein & Amino Acid Matrix Comprised of (Ultrafiltered Whey Protein Concentrate[Milk] Contains Alpha-Lactalbumin, Microfiltered Whey Protein Isolate[Milk] Contains Whey Isolate Peptide Fractions, Calcium Caseinate [Milk], Micellar Alpha And Beta Caseins And Caseinates[Milk], Milk Protein Isolate[Milk], Hydrolyzed Whey Protein[Milk], Egg Whites[Egg], Glutamine Peptides and Glutamine AKG, L-Leucine, L-Isoleucine, and L-Valine), Maltodextrin, Dutch Processed Cocoa Powder, Richmix Sunflower powder consisting of (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate[Milk], Mono- & Di-Glycerides, and Dipotassium Phosphate), Litesse® II Polydextrose, Natural & Artificial Flavors, Nutrisperse MCT powder consisting of (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Vitamin & Mineral Blend consisting of (Magnesium Phosphate, Ascorbic Acid, Vitamin E Acetate, Biotin, Chromium Chelate, Niacinamide, Iron, Vitamin A Palmitate, Selenium Chelate, Calcium Pantothenate, Zinc Oxide, Vitamin K1, Copper Gluconate, Vitamin D3, Manganese Sulfate, Pyridoxine HCL, Thiamin Mononitrate, Riboflavin, Vitamin B12, Folic Acid and Potassium Iodide), Qualicel Cellulose Gum, Ticalose® Cellulose Gum, Xanthan Gum, Guar Gum, Gum Acacia, Acesulfame Potassium, Sucralose (Splenda®), Lecithin [Soy], Aminogen®, and Papain.

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‡ Due to settling, a natural occurrence with powders, variations in the powder height level may vary from bottle to bottle. Additionally, powder density may be affected as a result of the settling which may cause slight variations in the scoop serving size.

Aminogen® is a registered trademark of TRIARCO INDUSTRIES, Inc.

*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.

Cookies and Cream

Cookies and Cream		
NUTRITION FACTS		
Serving Size 3 rounded scoops (165g)		
Servings Per Container about 16		
Amount Per Serving		
Calories 700	Calories From Fat 150	
	%Daily Value†	
Total Fat 17g		26%
Saturated Fat 4g		25%
Trans Fat 0g		
Cholesterol 130mg		43%
Sodium 300mg		17%
Potassium 700mg		20%
Total Carbohydrate 90g		30%
Dietary Fiber 6g		24%
Sugars 18g		
Protein 46g		100%
Vitamin A 0% • Vitamin C 0% • Calcium 50% • Iron 4% • Phosphorus 40% • Magnesium 10%		
†Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
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Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Ingredients: Protein Matrix Consisting of (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein, Egg Whites, Glutamine Peptides), Maltodextrin, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin and Tocopherols), Natural & Artificial Flavors, Polydextrose, Cookie Bites (Wheat flour, Sugar, Canola Oil, Cocoa Powder Processed with Alkali, Salt, Sodium Bicarbonate), MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Cellulose Gum, Lecithin, Xanthan Gum, Guar Gum, Acacia (Gum Arabic), Sucralose, Acesulfame Potassium.		
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Strawberry

Strawberry		
NUTRITION FACTS		
Serving Size 3 rounded scoops (165g)		
Servings Per Container about 16		
Amount Per Serving		
Calories 710	Calories From Fat 150	
	%Daily Value†	
Total Fat 17g		26%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 130mg		43%
Sodium 300mg		13%
Potassium 700mg		20%
Total Carbohydrate 90g		30%
Dietary Fiber 6g		24%
Sugars 15g		
Protein 50g		100%
Vitamin A 0% • Vitamin C 0% • Calcium 35% • Iron 4% • Phosphorus 40% • Magnesium 10%		
†Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:		
Calories	2,000	2,500
Total Fat Less than	65g	80g
Sat Fat Less than	20g	25g
Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Ingredients: Protein Matrix Consisting of (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein, Egg Whites, Glutamine Peptides), Maltodextrin, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, and Tocopherols), Natural & Artificial Flavors, Polydextrose, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Lecithin, Vegetable Color, Cellulose Gum, Xanthan Gum, Guar Gum, Acacia (Gum Arabic), Acesulfame Potassium, Sucralose.		
Allergen Warning: Manufactured on equipment, which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.		
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Vanilla

Vanilla		
NUTRITION FACTS		
Serving Size 3 rounded scoops (165g)		
Servings Per Container about 16		
Amount Per Serving		
Calories 710	Calories From Fat 150	
	%Daily Value†	
Total Fat 17g		26%
Saturated Fat 47g		20%
Trans Fat 0g		
Cholesterol 130mg		43%
Sodium 400mg		17%
Potassium 700mg		20%
Total Carbohydrate 90g		30%
Dietary Fiber 6g		24%
Sugars 14g		
Protein 50g		100%
Vitamin A 0% • Vitamin C 0% • Calcium 50% • Iron 4% • Phosphorus 40% • Magnesium 10%		
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Cholesterol Less than	300mg	300mg
Sodium Less than	2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g
Ingredients: Protein Matrix Consisting of (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate, Micellar Casein, Hydrolyzed Whey Protein, Egg Whites, Glutamine Peptides), Maltodextrin, Sunflower Powder (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Di-Glycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, and Tocopherols), Natural & Artificial Flavors, Polydextrose, MCT Powder (Medium Chain Triglycerides, Non-Fat Dry Milk, Disodium Phosphate, and Silicon Dioxide), Lecithin, Cellulose Gum, Xanthan Gum, Guar Gum, Acacia (Gum Arabic), Acesulfame Potassium, Sucralose.		
Allergen Warning: Manufactured on equipment, which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.		
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