

Supplement Facts

Serving Size 5 Scoops (218 g)

Servings Per Container Approx. 10

	Mixed with 16 oz. Water	Mixed with 16 oz. Skim Milk
Calories	830	1000
Calories from Fat	50	60
	Amount Per Serving	% Daily Value
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Total Fat	5.5 g	8%*
Saturated Fat	3 g	15%*
Trans Fat	0 g	†
Cholesterol	140 mg	47%*
Total Carbohydrate	150 g	50%*
Dietary Fiber	5 g	20%*
Sugars	5 g	†
Protein	45 g	90%*
Vitamin A (as vitamin A palmitate)	2500 IU	50%
Vitamin C (as sodium ascorbate)	30 mg	50%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as vitamin E acetate)	15 IU	50%
Thiamin (as thiamin mononitrate)	0.75 mg	50%
Riboflavin	0.85 mg	50%
Niacin (as niacinamide)	10 mg	50%
Vitamin B ₅ (as pyridoxine hydrochloride)	1 mg	50%
Folic acid	200 mcg	50%
Vitamin B ₁₂ (as cyanocobalamin)	3 mcg	50%
Biotin	150 mcg	50%
Pantothenic acid (as d-calcium pantothenate)	5 mg	50%
Calcium (as whey mineral complex & dicalcium phosphate)	680 mg	68%
Phosphorus (as whey mineral complex dicalcium & dipotassium phosphate)	460 mg	46%
Magnesium (as whey mineral complex & magnesium oxide)	230 mg	55%
Sodium (as whey mineral complex)	550 mg	21%
Potassium (as whey mineral complex & dipotassium phosphate)	600 mg	17%
Mass-Pro™ 6.2 g		†
Creatine monohydrate		†
Inulin		†
Sunflower oil (supplying EFAs)		†
Flaxseed oil powder (<i>Linum usitatissimum</i>)		†
Borage oil powder (<i>Borago officinalis</i>)		†
L-glutamine		†
Glutamine peptides		†
L-leucine		†
L-isoleucine		†
L-valine		†
Taurine		†
N-acetyl-cysteine		†
Alpha lipoic acid		†
Fenugreek (<i>Trigonella foenum-graecum</i>) extract (seed)		†
Standardized for 20% 4-Hydroxyisoleucine		†
D-pinitol ^{††}		†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.