

PROSTAR 100% WHEY PROTEIN-RUM RAISIN

Serving Size: 1 Scoop (about 30g)

Servings per Container: about 30

Amount per Serving	% Daily Value
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Calories 120

Calories from Fat 10

Total Fat 1g	2%
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Saturated Fat 0.5g	3%
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<i>Trans</i> Fat 0g	
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Cholesterol 20mg	7%
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Sodium 30mg	1%
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Total Carbohydrates 2g	1%
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Dietary Fiber 0g	
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Sugars 1g	
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Protein 25g	50%
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Vitamin A 2%

• Vitamin C 0%

Calcium 20%

• Iron 2%

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate and Whey Peptides), Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, and Soy Lecithin.

Contains Milk, Soy

Typical Amino Acid Profile – Each serving contains:

Essential Amino Acids	Non-Essential Amino Acids
L-Leucine* 3192 mg	L-Arginine 455 mg
L-Isoleucine* 1540 mg	L-Aspartic Acid 2565 mg
L-Valine* 1275 mg	L-Cystine 920 mg
L-Lysine 2568 mg	L-Alanine 1262 mg
L-Threonine 1044 mg	L-Glutamic Acid 4216 mg
L-Methionine 512 mg	L-Glycine 473 mg

L-Phenylalanine 960 mg	L-Histidine 512 mg
L-Tryptophan 636 mg	L-Proline 1033 mg
	L-Serine 977 mg
	L-Tyrosine 860 mg

*Total Branched Chain Amino Acids (BCAAs) 6007 mg
Total Essential Amino Acids (EAAs) 11727 mg
Total Amino Acids 25000 mg

DIRECTIONS: Take 1 – 3 servings daily. For maximum muscle growth, take before and after your workout.

FAST: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar 100% Whey Protein into 8oz of water or milk in a blender. If desired, add fruit, peanut butter, yogurt, or ice cream. Blend for 30 – 45 seconds.

FASTER: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar 100% Whey Protein into 8oz of water or milk in a shaker cup. Shake for 25 – 30 seconds.

FASTEST: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar 100% Whey Protein into 8oz of water or milk in a glass. For a thicker shake, mix into 4oz of water or milk. Ultimate Nutrition Prostar 100% Whey Protein is instantized so it will mix easily with a spoon.