

**PROSTAR® 100% WHEY PROTEIN**  
**Delicious Whey Protein Shake**

**BANANA (Naturally and Artificially Flavored)**  
**10-pound bottle**

Net Weight: 10 lbs (4.54 kg)

Serving Size: 1 scoop (approximately 30 g)

Servings Per Container: approximately 151

Amount Per Serving (Percent Daily Value, DV)\*

Calories: 120

Calories From Fat: 10

Total Fat: 1 g (2% DV)

Saturated Fat: 0.5 g (3% DV)

Trans Fat: 0 g<sup>†</sup>

Cholesterol: 20 mg (7% DV)

Sodium: 30 mg (1% DV)

Total Carbohydrates: 2 g (1% DV)

Dietary Fiber: 0 g (0% DV)

Sugars: 1 g<sup>†</sup>

Protein: 25 g (50% DV)

Vitamin A: 2% DV

Vitamin C: 0% DV

Calcium: 20% DV

Iron: 2%

*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.*

*<sup>†</sup>Daily Values not established*

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

Contains Milk and Soy.

Typical protein amino acid profile—each serving contains:

<b>Essential Amino Acids (EAAs)</b>	<b>Non-Essential Amino Acids</b>
L-Leucine* 3,192 mg	L-Arginine 455 mg
L-Isoleucine* 1,540 mg	L-Aspartic Acid 2,565 mg
L-Valine* 1,275 mg	L-Cystine 920 mg
L-Lysine 2,568 mg	L-Alanine 1,262 mg
L-Threonine 1,044 mg	L-Glutamic Acid 4,216 mg
L-Methionine 512 mg	L-Glycine 473 mg
L-Phenylalanine 960 mg	L-Histidine 512 mg
L-Tryptophan 636 mg	L-Proline 1,033 mg
	L-Serine 977 mg
	L-Tyrosine 860 mg

\*Total Branched Chain Amino Acids (BCAAs): 6,007 mg

Total Essential Amino Acids: 11,727 mg

Total Amino Acids: 25,000 mg

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

- Fast: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar<sup>®</sup> 100% Whey Protein into 8 oz 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<sup>®</sup> 100% Whey Protein into 8 oz of water or milk in a shaker cup. Shake for 25-30 seconds.
- Fastest: Mix 1 scoop (30 grams) of Ultimate Nutrition Prostar<sup>®</sup> 100% Whey Protein into 8 oz of water or milk in a glass. For a thicker shake, mix into 4 oz of water or milk. Ultimate Nutrition Prostar 100% Whey Protein is instantized so it will mix easily with a spoon

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

***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.***