

PROSTAR 100% WHEY PROTEIN-COOKIES ‘N’ CREAM

Serving Size: 1 Scoop (about 30g)
 Servings per Container: about 151

Amount per Serving	% Daily Value
Calories 120	
Calories from Fat 10	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 30mg	1%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	
Sugars 1g	
Protein 25g	50%

Vitamin A 2%	•	Vitamin C 0%
Calcium 20%	•	Iron 2%

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

*Chocolate Cookie Pieces Ingredients: Bleached Wheat Flour, Sugar, Cocoa (Processed with Alkali), Palm Oil, Corn Syrup, Corn Flour, Soy Lecithin, Baking Soda, Salt, and Natural and Artificial Flavors.

Contains Milk, Soy, Wheat and Tree Nut (Palm)

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.