PROSTAR® 100% CASEIN PROTEIN
Delicious Protein Shake

Chocolate Crème (Naturally and Artificially Flavored)
2-pound bottle

Net Weight: 2 lbs (907 g)
Serving Size: 2 scoops (approximately 33 g)
Servings Per Container: approximately 27
Amount Per Serving (Percent Daily Value, DV)*
  Calories: 120
  Calories From Fat: 5
  Total Fat: 1 g (1% DV)
    Saturated Fat: 0 g (0% DV)
    Trans Fat: 0 g†
  Cholesterol: 20 mg (6% DV)
  Sodium: 50 mg (2% DV)
  Total Carbohydrates: 3 g (1% DV)
    Dietary Fiber: 1 g (5% DV)
    Sugars: 0 g†
  Protein: 24 g (48% DV)

  Vitamin A: 0% DV
  Vitamin C: 0% DV
  Calcium: 60% DV
  Iron: 6%

*Percent Daily Values are based on a 2,000 calorie diet
†Daily Values not established

Ingredients: Deluxe Casein Blend (Micellar Casein and Hydrolyzed Casein), Cocoa, Natural and Artificial Flavors, Waxy Maize, Sucralose, Xanthan Gum, Acesulfame Potassium, and Soy Lecithin.

Contains Milk and Soy.
Typical protein amino acid profile—each serving contains:

<table>
<thead>
<tr>
<th>Essential Amino Acids (EAAs)</th>
<th>Non-Essential Amino Acids</th>
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<tbody>
<tr>
<td>L-Leucine* 2,190 mg</td>
<td>L-Arginine 789 mg</td>
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<tr>
<td>L-Isoleucine* 1,191 mg</td>
<td>L-Aspartic Acid 1,825 mg</td>
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<td>L-Valine* 1,303 mg</td>
<td>L-Cystine 206 mg</td>
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<tr>
<td>L-Lysine 2,036 mg</td>
<td>L-Alanine 815 mg</td>
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<tr>
<td>L-Threonine 1,076 mg</td>
<td>L-Glutamic Acid 4,686 mg</td>
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<tr>
<td>L-Methionine 629 mg</td>
<td>L-Glycine 447 mg</td>
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<tr>
<td>L-Phenylalanine 1,066 mg</td>
<td>L-Histidine 578 mg</td>
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<tr>
<td>L-Tryptophan 437 mg</td>
<td>L-Proline 2,334 mg</td>
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<td></td>
<td>L-Serine 1,268 mg</td>
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<td>L-Tyrosine 1,124 mg</td>
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</tbody>
</table>

*Total Branched Chain Amino Acids (BCAAs): 4,684 mg
Total Essential Amino Acids: 9,928 mg
Total Amino Acids: 24,000 mg

Directions: Take 1–3 servings daily. For optimal results, take 30 minutes prior to bedtime.

- Fast: Mix 2 scoops (about 33 grams) of Prostar 100% Casein 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 2 scoops (about 33 grams) of Prostar 100% Casein Protein into 8 oz of water or milk in a shaker cup. Shake for 25-30 seconds.
- Fastest: Mix 2 scoops (about 33 grams) of Prostar 100% Casein 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% Casein 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.*