

WHEY SUPREME-VANILLA

Serving Size: 30g (1 Scoop)

76 servings

Amount Per Serving:

Calories: 114

Calories from Fat: 14

Total Fat: 1.5g

Saturated Fat: 1g

Cholesterol: 25 mg

Potassium: 146mg

Sodium: 32mg

Total Carbohydrates: 5g

Dietary Fiber: 0g

Sugars: 4g

Protein: 21g

Calcium: 10%

Essential Amino Acids:

L-Leucine: 2980 mg

L-Isoleucine: 1294 g

L-Valine: 1003 mg

L-Lysine: 2224 mg

L-Threonine: 876 mg

L-Methionine: 430 mg

L-Phenylalanine: 808 mg

L-Tryptophan: 538 mg

Non-Essential Amino Acids:

L-Arginine: 383 mg

L-Aspartic Acid: 2153 mg

L-Cystine/Cystein: 773 mg

L-Alanine: 1060 mg

L-Glutamic Acid: 3541 mg

L-Glycine: 396 mg

L-Histidine: 430 mg

L-Proline: 868 mg

L-Serine: 821 mg

L-Tyrosine: 722 mg

Directions: For best mixing results, use an electric blender or shaker cup. Use one scoop in six ounces of purified water or skim milk. Whey Supreme may also be used in pancakes, waffles, and muffins.

Other Ingredients: Premium Ultra and Microfiltrated Whey Protein Concentrate,
Crystalline Fructose, Soy Lecithin, Acesulfame Potassium and Natural And Artificial
Vanilla Flavor.