

## PROSTAR 100% WHEY PROTEIN-COOKIES 'N' CREAM

Serving Size: 1 Scoop (about 30g)

Servings per Container: about 30

### Amount per Serving % Daily Value

**Calories** 120

**Calories from Fat** 10

**Total Fat** 1g 2%

Saturated Fat 0.5g 3%

*Trans* 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.