

## PROSTAR 100% WHEY PROTEIN-RASPBERRY

Serving Size: 1 Scoop (about 30g)

Servings per Container: about 80

Amount per Serving	% Daily Value
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**Calories** 120

**Calories from Fat** 10

<b>Total Fat</b> 1g	2%
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Saturated Fat 0.5g	3%
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<i>Trans</i> Fat 0g	
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<b>Cholesterol</b> 20mg	7%
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<b>Sodium</b> 30mg	1%
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<b>Total Carbohydrates</b> 2g	1%
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Dietary Fiber 0g	
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Sugars 1g	
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<b>Protein</b> 25g	50%
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Vitamin A 2%

• Vitamin C 0%

Calcium 20%

• Iron 2%

**Ingredients:** Protein Blend (Whey Protein Isolate, Whey Protein Concentrate and Whey Peptides), Natural and Artificial Flavors, Beet Root Powder (for color), Sucralose, Acesulfame Potassium, and Soy Lecithin.

### Contains Milk, Soy

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.