

## Designer Whey Protein

### Vanilla Praline, 2 lbs

Item Catalog Number: 00290

Designer Whey Protein is a five time Gold Medal Winner in Taste that can help you lose fat and build muscle when added to a healthy diet and exercise program. Eighteen grams of protein are contained in 100 Good-For-You Calories™, which makes counting calories easy. Designer Whey Protein has been clinically proven to help boost energy, increase strength, speed recovery, and improve your workout results.

Supplement to be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

### Supplement Facts

Serving Size 1 scoop (26 g)

Servings Per Container about 34

#### Amount Per Serving

Calories	100
Calories from fat	20
Total fat	2 g
Saturated fat	1 g
Cholesterol	60 mg
Total Carbohydrates	3 g
Dietary fiber	0 g
Sugars	2 g
Protein	18 g
Thiamin (as Thiamin Mononitrate)	1.41 mg
Riboflavin	1.66 mg
Vitamin B6 (as Pyridoxine)	1.87 mg
Vitamin B12 (as Cyanocobalamin)	2.42 mcg
Pantothenic Acid (as Ca Pantothenate)	8.39 mg
Calcium (from Whey Calcium)	220 mg
Phosphorus (from Whey Calcium)	140 mg
Magnesium (as Mg Aspartate, Oxide)	110 mg
Zinc (as Zinc Aspartate)	5.30 mg
Sodium	70 mg
Potassium	110 mg

#### DESIGNER WHEY® Full Spectrum Whey Peptides™

Delivery Proprietary Blend 24.69 g

(Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Protein Concentrate, L-Glutamine, Taurine, L-Leucine, L-Phenylalanine, Lactoperoxidase)

Other ingredients: natural and artificial flavor, lecithin, praline extract, oligofructose, cellulose gum, salt, acesulfame potassium, xanthan gum, sodium alginate, annatto (for color), sucralose, natural vitamin E (as mixed tocopherols), vanillin.

Contains milk and soy products. Other than whey, dried cream extract, lactoperoxidase, and whey mineral complex, there are no other animal sourced ingredients in this product.

#### Amino Acid Profile

Amount per 100 g of protein

##### Branched Chain Amino Acids

Isoleucine	7090 mg
Leucine	11010 mg
Valine	6920 mg
<b>Total BCAAs</b>	<b>25020 mg</b>

##### Essential Amino Acids

Lysine	9667 mg
Threonine	8300 mg
Methionine	3100 mg
Phenylalanine	2500 mg
Tryptophan	2000 mg
<b>Total Essential Amino Acids</b>	<b>50587 mg</b>

**Conditionally Essential Amino Acids**

Arginine	2667 mg
Histidine	1683 mg

**Non-Essential Amino Acids**

Alanine	5000 mg
Aspartic Acid	9050 mg
Cysteine	2000 mg
Glutamic Acid	17013 mg
Glycine	1600 mg
Proline	3500 mg
Serine	3900 mg
Tyrosine	3000 mg
<b>Total Conditionally Ess./Non-Ess. Amino Acids</b>	<b>49413 mg</b>

**Dosage and Use**

- One to three scoops upon rising, between meals and/or last thing at night are suggested.
- Quick: Add one scoop to 3 oz of water. Blend. Add 1-2 ice cubes. Blend.
- Quicker: Fill shaker bottle with 3 oz water. Add one scoop. Shake.
- Quickest: Add one scoop to 3 oz of water and mix with a spoon.

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