

# LIFESTYLE

## FITNESS & NUTRITION

**SUGGESTED USE:** Take one (1) to two (2) scoops daily to supplement the diet with additional protein. For best results, take between meals or before or after training. Do not use this product as a meal replacement without the supervision of a health care professional.

| TYPICAL AMINO ACID PROFILE PER SERVING * |        |                     |        |
|--|--------|---------------------|--------|
| Isoleucine (BCAA***)                     | 1744mg | Glycine             | 414mg  |
| Leucine (BCAA***)                        | 2617mg | Threonine (EAA***)  | 1860mg |
| Valine (BCAA***)                         | 1516mg | Aspartic Acid       | 2732mg |
| Arginine (EAA***)                        | 452mg  | Tyrosine            | 712mg  |
| Lysine (EAA***)                          | 2388mg | Proline             | 1676mg |
| Cysteine                                 | 620mg  | Histidine (EAA***)  | 460mg  |
| Methionine (EAA***)                      | 551mg  | Serine              | 1309mg |
| Glutamine (EAA***)                       | 4478mg | Alanine             | 1262mg |
| Phenylalanine (EAA***)                   | 734mg  | Tryptophan (EAA***) | 460mg  |

\*\*Branch Chain Amino Acids

\*\*\*Essential Amino Acids

**PRODUCT DESCRIPTION:** Protein is second only to water as the most plentiful substance in the body and provides nutritional components necessary for muscle tissue, internal organs, the formation of hormones and an endless number of other functions in the body. Protein consist of 22 "building blocks" called amino acids. All 22 are required by the body in a specific pattern. While the body can produce some of the amino acids, ten must be obtained from the diet. These ten "Essential Amino Acids" are found only in "complete" protein sources. PERFECT PROTEIN is a complete source of protein and contains all of the "Essential" and "Branch Chain Amino Acids." Formulated to provide a high Biological Value, PERFECT PROTEIN is extremely efficient in the body. And, with 26 grams of protein per serving, it is an excellent way of increasing the daily intake of protein without excessive carbohydrates and fat. 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.

**CAUTION:** Not recommended for individuals with allergies to dairy and soy products and should not be used by pregnant or nursing mothers or children under 18 years of age without the advice of a physician. This product is intended to supplement the diet with additional protein and should not be used as a meal replacement. Not for use as part of a weight loss program without the direct supervision of a health care professional. Excessive protein intake may result in impaired kidney function.

KEEP OUT OF THE REACH OF CHILDREN.  
DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.  
STORE IN COOL, DRY PLACE.

Manufactured for:  
Lifestyle Fitness and Nutrition  
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4138-VLWNC400GM-VLWNC400GM



# CHOCOLATE

# PERFECT PROTEIN

# PURE WHEY ISOLATE

•26 GRAMS OF PROTEIN PER SERVING.  
•FAT FREE •CHOLESTEROL FREE •SUGAR FREE

NUTRITIONAL SUPPLEMENT  
**29.68 OZ. (840 GRAMS)**

### Nutrition Facts

Serving Size 1 scoop (30g)  
Servings Per Container 28

#### Amounts Per Serving

Calories 110 Calories from Fat 10

%Daily Value\*

|                       |     |
|-----------------------|-----|
| Total Fat 0g          | 0%  |
| Saturated Fat 0g      | 0%  |
| Trans Fat 0g          | 0%  |
| Cholesterol 0mg       | 0%  |
| Sodium 150mg          | 6%  |
| Potassium 380mg       | 11% |
| Total Carbohydrate 1g | <1% |
| Dietary Fiber 0g      | 0%  |
| Sugars 0g             |     |
| Protein 26g           |     |

Vitamin A Less Than 1% Vitamin C Less Than 1%  
Calcium 4% Iron Less Than 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

|                     | Calories  | 2000   | 2500   |
|---------------------|-----------|--------|--------|
| Total Fat           | Less than | 65g    | 80g    |
| Sat. Fat            | Less Than | 20g    | 25g    |
| Cholesterol         | Less Than | 300mg  | 300mg  |
| Sodium              | Less Than | 2400mg | 2400mg |
| Total Carbohydrates |           | 300g   | 375g   |
| Dietary Fiber       |           | 25g    | 30g    |

Calories per gram:  
Fat 9 Carbohydrate 4 Protein 4

**INGREDIENTS:** Whey Protein Isolate, Cocoa Powder, Natural and Artificial Flavors, Xanthan Gum, Stevia and Soy Lecithin.  
**ALLERGEN WARNING:** CONTAINS MILK (WHEY) AND SOY (LECITHIN)

**CAUTION:** This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

notice: use this product as a food supplement only, do not use for weight reduction.