

DIETARY SUPPLEMENT FOR EVERYBODY

DIRECTIONS FOR USE

Add one level scoop to 8 oz. of water, nonfat milk, juice, or your favorite beverage. You can use more or less liquid to meet your desired taste and calorie needs. Shake well in a shaker until dissolved. Whey protein can be added to any food, including yogurt.

- One scoop of Whey Protein Isolate +8 oz. of water = 25 g of protein & 103 calories
- +8 oz. of orange juice = 26 g of protein & 210 calories
- +8 oz. of nonfat milk = 33 g of protein & 210 calories

The two most common forms of whey powder are "isolates" and "concentrates" and the type you choose makes the difference between an average supplement and a superior one. Those in the industry understand that isolates are the superior protein. Whey concentrates contain less protein and more ingredients that are not desirable, like lactose and fat. The cleaner profile in isolates are more conducive for adding muscle and losing weight. Not all isolates are the same. Please take heed to other isolates on the market loaded with artificial sweeteners, such as sucralose.



PLEASE RECYCLE

For more information on the rest of our product line, please visit us at www.tryabouttime.com

Product Questions?
1-866-982-WHEY
(9 4 3 9)

Cinnamon Swirl
Cleanest protein on the market!



100% ALL NATURAL

100% WHEY PROTEIN ISOLATE

- No Artificial Flavorings
- No Growth Hormones
- No Artificial Sweeteners
- Lactose Free, Gluten Free
- Zero Carb
- Zero Fat



Net Wt. 2 lbs. (908g) 25 G OF PROTEIN PER 1 OZ SERVING



AMINO ACID PROFILE

Whey Protein Isolate
25 g protein per serving
mg/serving

Alanine	1186
Arginine	492
Aspartic acid	2662
Cysteine / Cystine	624
Glutamic acid	4226
Glycine	380
Histidine*	470
Isoleucine†	1611
Leucine*	2506
Lysine*	1969
Methionine*	472
Phenylalanine*	717
Proline	1745
Taurine	0
Serine	1186
Threonine*	1790
Tryptophan*	425
Tyrosine	693
Valine†	1409

*essential amino acids / BCAAs



Rich in
**Branch Chain
Amino Acids**

Supplement Facts
Cinnamon Swirl

Serving Size: 1 oz. = 1 scoop (28.4 g)
Servings per container: 32

	Amount Per Serving	% Daily Value *
Calories	103	
Calories from Fat	1	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Cholesterol	1 mg	0%
Total Carbohydrate	0 g	0%
Dietary Fiber	0 g	1%
Calcium	120 mg	12%
Phosphorus	59 mg	6%
Sodium	41 mg	2%
Potassium	83 mg	2%
Protein	25 g	50%

* Percent Daily Values are based on 2000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories	
	2000	2500
Total Fat	Less Than 65 g	80 g
Saturated Fat	Less Than 20 g	25 g
Cholesterol	Less Than 300 g	300 g
Sodium	Less Than 2400 mg	2400 mg
Potassium	3500 mg	3500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g

Calories per gram: Fat = 9; Protein = 4; Carbohydrate = 4
INGREDIENTS: Cold Pressed Ultra Micro-filtered Whey Isolate, Natural Flavors, Xanthan Gum, Stevia. Allergen Information: Contains Milk and Soy (Lecithin) Ingredients.