

## SUGGESTED USE:

As a dietary supplement, mix one scoop (32 g) with 6 to 10 ounces of water or the beverage of your choice. *PRO ACTION*™ provides the critical protein the body needs after an intense workout.

*PRO ACTION*™ [pro-ak-shuhn] noun.

- Action that initiates change as opposed to reaction to events.

*PRO ACTION*™ is the unrivaled protein supplement for athletes that are focused on changing their bodies by forging more lean muscle, tearing away ugly fat and maintaining overall health. By increasing the amount of protein we consume combined with proper exercise, our bodies will become fat burning machines! Modern research has shown that increasing protein in your diet can help maintain lean muscle tissue and force the body to burn fat for energy. The body will always use the simplest form of energy available and while it can break down protein for energy, it is much easier for it to use stored fat instead.

*PRO ACTION*™ can help dieters from being sidetracked with persistent hunger. Increasing protein in your diet can also help you to feel less hungry by lowering levels of appetite-stimulating hormones. Next time you're feeling hungry, satisfy yourself with a delicious *PRO ACTION*™ protein shake. By adding *PRO ACTION*™ to your diet, you can achieve a healthy lifestyle. †

**TAKE ACTION... TAKE *PRO ACTION*™**

**ALLERGEN WARNING:** Contains milk and soy ingredients.

**KEEP CONTAINER TIGHTLY CLOSED IN A COOL, DRY, AND DARK PLACE.  
KEEP OUT OF REACH OF CHILDREN.**



† 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.

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**SPORT**

**ENGINEERED MATRIX OF  
MICRO-FILTERED WHEY PROTEIN  
ISOLATE & CONCENTRATE**

**PRO ACTION**

PROTEIN  
22G

BCAA'S  
4.5G

CARBS  
6G

SERVINGS  
72

- RICH DELICIOUS TASTE\*
- BUILD LEAN MUSCLE\*
- ASPARTAME FREE

**NET WT. 5 LBS (2273 G)**  
DIETARY SUPPLEMENT

**RICH MILK CHOCOLATE**

## Supplement Facts

Serving Size 1 scoop (32g)  
Servings Per Container 72

Amount Per Serving

Calories 130 Calories from Fat 30

%Daily Value†

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g --

Cholesterol 25mg 8%

Sodium 90mg 3%

Potassium 277mg 8%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 0%

Sugars 4g --

Protein 22g 44%

Vitamin A 1% • Vitamin C 1%

Calcium 21% • Iron 5%

Vitamin D 1% • Phosphorus 12%

Magnesium 7%

† Percent daily value based on 2000 calorie diet.

\*\*Percent daily value not established.

## AMINO ACID PROFILE

L-Alanine	1065 mg
L-Arginine	1017 mg
L-Aspartic Acid	2439 mg
L-Cystine	452 mg
L-Glutamic Acid	3797 mg
L-Glycine	614 mg
L-Histidine †	403 mg
L-Isoleucine (BCAA) ‡	1324 mg
L-Leucine (BCAA) ‡	2039 mg
L-Lysine †	1702 mg
L-Methionine †	444 mg
L-Phenylalanine	815 mg
L-Proline	1311 mg
L-Serine	1035 mg
L-Threonine †	1269 mg
L-Tryptophan ‡	246 mg
L-Tyrosine	684 mg
L-Valine (BCAA) ‡	1118 mg

† Essential Amino Acids

‡ BCAAs

§ The L-Tryptophan indicated is from naturally occurring sources of protein.

Proprietary Protein Matrix: Whey Protein Concentrate, Whey Protein Isolate, Whey Peptides.  
Other Ingredients: Dextrose, Natural and Artificial Flavors, Xanthan Gum, and Sucralose

**MADE IN THE USA**  
OF DOMESTIC & IMPORTED INGREDIENTS

DISTRIBUTED BY:  
REACTION NUTRITION, L.L.C.  
CERESITH, OHIO

[www.reactionnutrition.com](http://www.reactionnutrition.com)



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