

Congratulations You have just chosen a protein powder manufactured by one of America's largest and most advanced whey protein manufacturers. This same manufacturer is one of the world's largest dairy manufacturers, so rest assured this protein is world class.

NUTRITION INFORMATION Servings per package: 54 (Serving size: 2 heaped table spoons)	Quantity per serve 37g	Quantity per 100g powder	Ingredients: Whey Protein Isolate, Cocoa Powder (Cocoa, Soy Based Emulsifier (322)), Flavours (containing Gluten), Artificial Sweetener (956)
Energy	571 kJ (136.2 g cal)	1530 kJ (365.5 cal)	FORMULATED SUPPLEMENTARY SPORTS FOOD. NOT TO BE USED AS THE ONLY SOURCE OF FOOD EXCEPT UNDER MEDICAL DIRECTIONS. NOT TO BE USED BY PERSONS UNDER 15 YEARS OF AGE. (WPI - \$125)
Protein	38.3 g	85.0 g	
Fat, total - saturated	0.7 g 0.2 g	1.8 g 0.5 g	
Carbohydrates (total) - sugars	1.4 g 0.3 g	3.8 g 0.8 g	
Sodium	301 mg	814 mg	

All values are considered averages unless otherwise indicated

These proteins are made using some of the latest advancements in whey protein isolation techniques. They are supplied by one of America's most advanced manufacturers of whey proteins, which is also one of the world's largest dairy manufacturers. These same high quality proteins are sold worldwide with a more expensive price tag.

These proteins can be consumed anytime during the day. They are most beneficial if used straight after a workout. They can also be consumed upon rising, early afternoon and/or before going to bed. The amount of protein needed by your body will be dependent on your diet, your weight, goals and level of training.

Although much can be said about the benefits of whey proteins we are not in the marketing business. Rather, our intention is to use the services of a reliable protein trader to supply you with some of the best proteins available, at a reduced cost. Our low cost packaging allows us to make this product available to you at an even lower cost. Also contributing to the lower cost of the product is the fact we don't advertise it outside our premises.

Directions for use: add 2 heaped table spoons to 200ml of water or your favourite beverage (milk or juice). Place in a shaker and shake until fully dispersed. Drink immediately. If you prefer a thicker shake, use less water. Using too much water will make the shake too watery, making it lose its flavour.

Tip: if consuming it with water, mix in a blender and add some crushed ice. It will be worth the effort as you will get a refreshing cool tasting protein shake.

Store in a dry, cool spot and away from direct sunlight.

Packed in Australia using American made proteins

PRODUCT OF U.S.A

(WPI CH)

The proteins are packed at premises, that comply with the following strict standards: DFSV and AQIS Register Exporter.

Congratulations You have just chosen a protein powder manufactured by New Zealand's #1 whey protein manufacturer. This same manufacturer is the world's largest dairy exporter, so rest assured this protein is world class.

NUTRITION INFORMATION Servings per package: 57 Serving size: (2 heaped table spoons)	Quantity per serve 35g	Quantity per 100g powder	Ingredients: Whey Protein Isolate, Flavours, Artificial Sweetener (956)
Energy	560.4 kJ (132.6 cal)	1620 kJ (387 cal)	FORMULATED SUPPLEMENTARY SPORTS FOOD. NOT TO BE USED AS THE ONLY SOURCE OF FOOD EXCEPT UNDER MEDICAL DIRECTIONS. NOT TO BE USED BY PERSONS UNDER 15 YEARS OF AGE. (WPC - \$70)
Protein	31.87 g	80.27 g	
Fat, total - saturated	0.36 g 0.06 g	0.87 g 0.80 g	
Carbohydrates (total) - sugars	1.17 g 0.27 g	3.34 g 0.87 g	
Sodium	105.75 mg	281.4 mg	

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These proteins can be consumed anytime during the day. They are most beneficial if used straight after a workout. They can also be consumed upon rising, early afternoon and/or before going to bed. The amount of protein needed by your body will be dependent on your diet, your weight, goals and level of training.

Although much can be said about the benefits of whey proteins we are not in the marketing business. Rather, our intention is to use the services of a reliable protein trader to supply you with some of the best proteins available, at a reduced cost. Our low cost packaging (the plastic lined paper bag) allows us to make this product available to you at an even lower cost. Also contributing to the lower cost of the product is the fact we don't advertise it outside our premises.

Directions for use: add 2 heaped table spoons to 200ml of water or your favourite beverage (milk or juice). Place in a shaker and shake until fully dispersed. Drink immediately. If you prefer a thicker shake, use less water. Using too much water will make the shake too watery, making it lose its flavour.

Tip: if consuming it with water, mix in a blender and add some crushed ice. It will be worth the effort as you will get a refreshing cool tasting protein shake.

Store in a dry, cool spot and away from direct sunlight.



PACKED IN AUSTRALIA USING NEW ZEALAND MADE PROTEINS (WPI VA)

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