

- MIXES INSTANTLY
- ZERO CARBS; ZERO FAT; ZERO CAFFEINE
- PROMINA™ WHEY ISOLATE
- ROBUST LATTE FLAVOR
- LACTOSE & GLUTEN FREE

SUGGESTED USE:

Mix 2 oz of water or milk per serving (1/4 packet) of Nectar® Lattes. One full packet, providing 23 g of protein, 0 g of fat and 0 g of sugar, may be mixed with 8 oz of water or milk. Note the extra calories when combined with milk. Consume the desired number of servings two to three times per day to satisfy your protein requirements. Remember, the best times for supplementing protein are immediately upon rising in the morning, after intense physical activity, such as weight training, and prior to sleep. Nectar® Lattes mixes instantly with a spoon and tastes great... GUARANTEED!



Manufactured for:
SIG, Inc.
 PO Box 1715
 Cape Girardeau, MO 63702 USA
 Tel: (866) 333-SI03 (7403)
 Website: www.syntrax.com

23 g Protein

SYNTRAX

NECTAR Lattes™

LATTE FLAVORED • WHEY PROTEIN ISOLATE



CAPPUCCINO

Net Weight:
1.0 oz (28 g)

Nutrition Facts

Serving Size: 1/4 Packet (7g)
 Servings Per Packet: 4

| Amount Per Serving | | % Daily Value* | |
|---------------------------------|-----------|----------------|-------------|
| Calories | 25 | | |
| Calories from Fat | 0 | | |
| Total Fat | 0g | | 0%* |
| Saturated Fat | 0g | | 0%* |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0%* |
| Sodium | 15mg | | 1%* |
| Potassium | 55mg | | 2%* |
| Total Carbohydrates | 0g | | 0%* |
| Dietary Fiber | 0g | | 0%* |
| Sugars | 0g | | |
| Protein (23g per packet) | 6g | | 12%* |
| Vitamin A | 0% | Vitamin C | 0% |
| Calcium | 2% | Iron | 0% |
| Phosphorus | 2% | Magnesium | 0% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

| | | | |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Whey protein isolate (milk)*, decaffeinated pure coffee, natural and artificial flavors, soy lecithin, acesulfame-K, sucralose.

* Promina™ brand; ultrafiltered and undenatured; includes beta lactoglobulin, alpha lactalbumin, glycomacropeptides, immunoglobulin, b.s. albumin, protease peptone, lactoferrin, lactoperoxidase.

Notice: Use this product as a food supplement only. Do not use for weight reduction.