

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

SUGGESTED USE:

Vigorously mix 2 oz of water or milk per serving (1/4 packet) of Nectar® Lattes for 30–60 seconds. 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:
SIO3, Inc.
 PO Box 1715
 Cape Girardeau, MO 63702 USA
 (866) 333-SIO3 (7403)
 www.syntrax.com
 Made in the USA

**23 g
 Protein**



NECTAR
Lattes
 LATTE FLAVORED • WHEY PROTEIN ISOLATE



**CARAMEL
 MACCHIATO**



**Net Weight:
 1.0 oz (27 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 Carbohydrate	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)*, pure coffee, natural and artificial flavors, soy lecithin, coffee extract, acesulfame-K, sucralose,

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

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