

- MIXES INSTANTLY
- REAL COOKIE PIECES!
- PROMINA™ WHEY ISOLATE
- DELICIOUS, GOURMET SWEET FLAVOR
- LACTOSE FREE

**SUGGESTED USE:**

Based on taste preference, mix 2-4 oz of water or milk per serving (1/4 packet) of Nectar™ Double Stuffed Cookie. One full packet, providing 23 g of protein, .5 g of fat and 1 g of sugar, may be mixed with 8-16 oz of water or 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™ Sweets mixes instantly with a spoon and tastes great . . . GUARANTEED!



Manufactured for:  
**SIG, Inc.**  
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**23 g Protein**



# NECTAR SWEETS™

WHEY PROTEIN ISOLATE



**DOUBLE STUFFED COOKIE**



**Net Weight:  
1.1 oz (31 g)**

**Nutrition Facts**

Serving Size: 1/4 Packet (8g)  
 Servings Per Packet: 4

| Amount Per Serving  |                  | % Daily Value* |              |
|---|------------------|----------------|--------------|
| Calories  | 25               |                |              |
| Calories from Fat   | 0                |                |              |
| <b>Total Fat</b>  | 0g               | <b>0%*</b>     |              |
| Saturated Fat   | 0g               | <b>0%*</b>     |              |
| Trans Fat   | 0g               |                |              |
| <b>Cholesterol</b>  | 0mg              | <b>0%*</b>     |              |
| <b>Sodium</b>   | 35mg             | <b>1%*</b>     |              |
| <b>Potassium</b>  | 40mg             | <b>1%*</b>     |              |
| <b>Total Carbohydrates</b>  | 1g               | <b>1%*</b>     |              |
| Dietary Fiber   | 0g               | <b>0%*</b>     |              |
| Sugars  | 0g               |                |              |
| <b>Protein</b>  | 6g               | <b>12%*</b>    |              |
| 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: |                  |                |              |
|   | <b>Calories:</b> | <b>2,000</b>   | <b>2,500</b> |
| 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          |
| <b>Calories per gram:</b>   |                  |                |              |
| Fat   | 9                | Carbohydrate   | 4            |
|   |                  | Protein        | 4            |

**INGREDIENTS:**

Whey protein isolate (milk)\*, chocolate cookie pieces (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, high oleic safflower oil, cocoa [processed with alkali], salt, sodium bicarbonate, chocolate liquor, chocolate liquor, cocoa butter, anhydrous milk fat, soy lecithin, vanilla), soy lecithin, vanillin, food antioxidant [TBHQ, citric acid], natural and artificial flavors, soy lecithin, salt, 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.