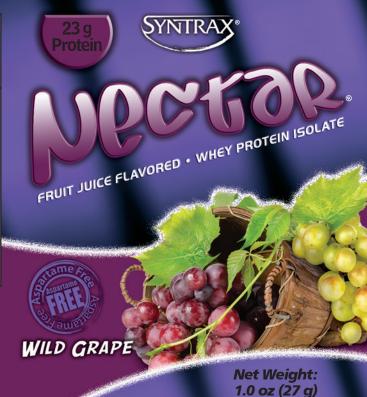


- ZERO CARBS; ZERO FAT
- PROMINA™ WHEY ISOLATE
- REFRESHING FRUIT JUICE FLAVOR
- LACTOSE & GLUTEN FREE

SUGGESTED USE:

Based on taste preference, mix 2-4 oz of water per serving (1/4 packet) of Nectar®. One full packet, providing 23 g of protein, 0 g of fat and 0 g of sugar, may be mixed with 8–16 oz of water. 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® mixes instantly with a spoon and tastes great . . . GUARANTEED!





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

	<u> </u>			
	Amount Per Serving			
	Calories		25	
	Calories from Fat		0	
		% D	aily Value*	
	Total Fat		0g	0%*
	Saturated Fat		0g	0%*
	Trans Fat		0g	
	Cholesterol		0mg	0%*
	Sodium		15mg	1%*
	Potassium	4	10mg	1%*
	Total Carbohy		0g	0%*
	Dietary Fiber	r	0g	0%*
	Sugars		0g	
i i	Protein (23g per packet) 6g			12%*
ģ	Vitamin A	0%	Vitamin C	0%
1	Calcium	2%	Iron	0%
	Phosphorus	2%	Magnesiu	ım 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
ě	Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
4	Cholesterol Sodium	Less than Less than	300mg 2.400mg	300mg 2.400mg
M	Potassium	Less man	3,500mg	3,500mg
1	Total Carbohydrate		300g	375g
	Dietary Fiber Protein		25g 50g	30g 65g

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

Whey protein isolate (milk)*, citric acid, natural and artificial flavors, soy lecithin, acesulfame-K, sucralose, FD&C Red #40, FD&C Blue #1.

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