

Smaller Eco-Friendly Package to Help Save Our Planet ♻️

2 LBS.
SUPER ADVANCED
WHEY PROTEIN

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BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN

Body Fortress® Super Advanced Whey Protein delivers a powerful blend of premium proteins and the perfect combination of BCAAs athletes need to support lean muscle mass and maximize their training.◊

Body Fortress® Super Advanced Whey Protein features a scientifically designed Super Recovery Blend to further enhance the benefits of our premium Whey Protein Blend. Each scoop provides high quality creatine in combination with the important amino acids crystalline taurine, glutamine, leucine, isoleucine and valine.

WHAT MAKES BODY FORTRESS® SUPER ADVANCED WHEY PROTEIN WORTH IT:

- Body Fortress® Super Advanced Whey Protein provides gold standard, cross-flow Whey Protein sources including Microfiltered Whey Protein Isolate and Ultrafiltered Whey Protein Concentrate.
- State of the art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions that help deliver Whey's superior benefits.◊
- Premium Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing blend to speed amino acid delivery to muscles immediately after workouts (to help stimulate muscle protein synthesis and recovery).◊

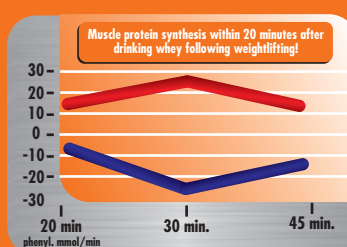
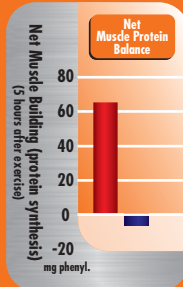
The combination of potent ingredients within the Super Recovery Blend is important for athletes since it allows for faster recovery during high-intensity workouts.◊ Not only will the Super Recovery Blend help recharge muscle energy stores, but it may help decrease mental fatigue during exercise as well so you can keep training hard.◊

Contains naturally occurring Branched Chain Amino Acids
2 scoops contain over 8 grams of the following Branched Chain Amino Acids:

Which typically provides:	
• Isoleucine	2.30 g
• Leucine	3.84 g
• Valine	2.18 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it contains superior quality Branched Chain Amino Acids - made up of Leucine, Isoleucine and Valine - which are important for the maintenance of muscle tissue.◊ Unlike some other incomplete protein sources, Body Fortress® Super Advanced Whey Protein contains all of the essential amino acids required for supporting lean muscle and exercise recovery.◊

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.



Ref: Tipton, K. Med Sci Sports Exerc. 2004. 35(12): 2073-2081.

Chocolate

Naturally and Artificially Flavored

52g

PREMIUM PROTEIN**

BODY FORTRESS®

SUPER ADVANCED

WHEY PROTEIN

SCIENTIFICALLY DESIGNED WITH:

- ◆ 100%* Premium Whey Protein
- ◆ Over 8 grams of BCAAs**
- ◆ Crystalline Taurine
- ◆ Lean Mass Activators◊
- ◆ Glutamine

PROTEIN SUPPLEMENT

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



Net Wt. 2 lb. (32 oz.) (907 g)

Contents are sold by weight. Some settling may occur.

** per 2 scoops

Supplement Facts

Amount Per Serving	%Daily Value	
	2 Scoops (68 g) about 13	1 Scoop (34 g) about 27
Calories	280	140
Calories from Fat	40	20
Total Fat	4.5 g 7%†	2 g 3%†
Saturated Fat	2 g 10%†	1 g 5%†
Cholesterol	95 mg 32%	45 mg 16%
Total Carbohydrate	8 g 3%†	4 g 1%†
Dietary Fiber	2 g 7%†	<1 g 3%†
Sugars	3 g ††	1 g ††
Protein	52 g 102%†	26 g 51%†
Calcium	208 mg 21%	104 mg 10%
Iron	1.2 mg 7%	0.6 mg 3%
Phosphorus	180 mg 18%	90 mg 9%
Magnesium	64 mg 16%	32 mg 8%
Zinc	0.3 mg 2%	0.15 mg 1%
Copper	0.19 mg 10%	0.09 mg 5%
Sodium	135 mg 6%	70 mg 3%
Potassium	520 mg 15%	260 mg 7%

†Percent Daily Values are based on a 2,000 calorie diet.
††Daily Value not established.

Ingredients: Super Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Super Recovery Blend (Creatine Monohydrate, Taurine, L-Glutamine, Leucine, Isoleucine, Valine), Cocoa (processed with alkali), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Acesulfame Potassium, Sunflower Lecithin, Sucralose.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 34 g scoop****)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	347 mg	Alanine	883 mg
Isoleucine	1,157 mg	Arginine	458 mg
Leucine	1,921 mg	Aspartic Acid	2,054 mg
Lysine	1,569 mg	Cysteine	434 mg
Methionine	391 mg	Glutamic Acid	2,977 mg
Phenylalanine	621 mg	Glycine	352 mg
Threonine	1,218 mg	Proline	1,158 mg
Tryptophan***	325 mg	Serine	941 mg
Valine	1,093 mg	Tyrosine	570 mg

***L-Tryptophan is naturally occurring, not added.
****approximate values

BODY FORTRESS®

YOUR BODY - YOUR FORTRESS.™

For more information on other Body Fortress® products or for complete training and nutrition programs, visit www.bodyfortress.com.

Directions: For adults, add one (1) scoop (34 g) to 6-8 ounces of water or your favorite beverage daily. Serious athletes and bodybuilders (over 125 pounds) should consume 1-2 scoops immediately after exercise.

BLENDER - SIMPLE
Cover and blend for 20-30 seconds. ^^

SHAKER - SIMPLER
Cover and shake for 25-30 seconds.

GLASS & SPOON - SIMPLEST
Stir for 20-30 seconds or until completely blended.

^^ For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% Milk, and fruit juices.

For Dieters: add lower calorie foods such as skim milk or just use water.

*This product is made with a protein blend that is 100% whey protein.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Body Fortress® Super Advanced Whey Protein is aspartame free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

◊These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Carefully Manufactured by Healthwatchers (DE), Inc. Bohemia, NY 11716 U.S.A. 1-800-215-5980

