

## THE ES FIT STORY

We're on a mission to help people become stronger every day. We've taken an innovative approach to nutrition and packed all our expertise and passion into this line of supplements. Our supplements deliver the perfect blend of nutrition and taste. We use only the highest quality ingredients and each product is third party tested so you can use them with confidence to reach your fitness goals.

## KEY FEATURES

Combines a premium whey protein blend with a silky smooth taste by delivering fast activation and slow release to effectively support muscle growth and enhance recovery.\*

**\*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.**



**SPORT**



**muscle  
growth**



**better  
recovery**

# ESFiT

## WHEY PROTEIN



**MILK  
CHOCOLATE**

NATURALLY/ARTIFICIALLY FLAVORED  
DIETARY SUPPLEMENT

NET WEIGHT  
2 LBS (907g)

## Supplement Facts

Serving Size: 32g (1 Rounded Scoop)  
Servings Per Container: 28

| Amount Per Serving  | % Daily Value** |     |
|---|-----------------|-----|
| Calories  | 120             |     |
| Total Fat   | 2.5 g           | 3%  |
| Saturated Fat   | 1.5 g           | 7%  |
| Cholesterol   | 60 mg           | 20% |
| Total Carbohydrate  | 4 g             | 1%  |
| Dietary Fiber   | < 1 g           | 2%  |
| Total Sugars  | 2 g             |     |
| Includes 0g Added Sugars  |                 | 0%  |
| Protein   | 24 g            | 48% |
| Calcium   | 123 mg          | 10% |
| Sodium  | 50 mg           | 2%  |
| Iron  | 0.8 mg          | 4%  |
| Potassium   | 290 mg          | 6%  |
| Whey Protein Blend<br>(Whey Protein Concentrate, Whey Protein Isolate.) | 29 g            | ‡   |
| Digestive Enzyme Blend<br>(Papain, Protease)                            | 10 mg           | ‡   |

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

Other Ingredients: Cocoa (processed with alkali), Natural and Artificial Flavors, Sucralose.  
Contains: Milk, Soy.

## Approximate Amino Acids per Serving (Naturally Occurring)

|                         |         |                         |         |
|-------------------------|---------|-------------------------|---------|
| Alanine . . . . .       | 1208 mg | Arginine . . . . .      | 665 mg  |
| Aspartic Acid . . . . . | 2515 mg | Cystine . . . . .       | 566 mg  |
| Glutamic Acid . . . . . | 4015 mg | Glycine . . . . .       | 437 mg  |
| Histidine . . . . .     | 422 mg  | Isoleucine* . . . . .   | 1429 mg |
| Leucine* . . . . .      | 2450 mg | Lysine . . . . .        | 2389 mg |
| Methionine . . . . .    | 528 mg  | Phenylalanine . . . . . | 756 mg  |
| Proline . . . . .       | 1416 mg | Serine . . . . .        | 1231 mg |
| Threonine . . . . .     | 1618 mg | Tryptophan . . . . .    | 416 mg  |
| Tyrosine . . . . .      | 727 mg  | Valine* . . . . .       | 1268 mg |
| Total BCAAs . . . . .   | 5147 mg |                         |         |

**SUGGESTED USE:** Mix one heaping scoop in 8 oz. of water, milk, juice or your favorite beverage and stir.

**WARNING:** As with any supplement, consult your doctor before use. This product is only intended to be consumed by adults 18 years of age or older. Do not use if you are pregnant, nursing, trying to conceive, taking any medications, have any medical condition or anticipate surgery. Discontinue use and consult your doctor if any adverse reactions occur after use. Do not exceed daily recommended dosage on the label. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper resistant: do not use product if seal around cap is broken.

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