

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.**



**muscle
growth**



**better
recovery**

ESFiT

WHEY PROTEIN



**COOKIES
& CREAM**

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	130	
Total Fat	2.5 g	3%
Saturated Fat	1 g	6%
Cholesterol	60 mg	20%
Total Carbohydrate	4 g	1%
Total Sugars	3 g	
Includes 0g Added Sugars		0%
Protein	24 g	48%
Calcium	120 mg	10%
Sodium	55 mg	2%
Iron	0.4 mg	2%
Potassium	205 mg	4%
Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate.)	29 g	‡
Digestive Enzyme Blend (Papain, Protease)	10 mg	‡

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

Other Ingredients: Cookie Pieces (Unbleached Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Palm and/or Canola Oil, Cocoa (processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/ or Calcium Phosphate), Cornstarch, Salt, Soy Lecithin, Vanillin and Artificial Flavor, Chocolate), Natural & Artificial Flavors, Sucralose. Contains: Milk, Soy, Wheat.

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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