

## MUSCLE JUICE 2544-BANANA

Serving Size: 4 Scoops (250g)

9 servings

Amount Per Serving:	%DV
Calories 1020	
Calories from Fat 150	
Total Fat 17g	26%
Saturated Fat 17g	85%
<i>Trans Fat</i> 0g	
Cholesterol 150mg	50%
Sodium 110mg	5%
Total Carbs 162g	54%
Dietary Fiber 0g	0%
Sugars 60g	
Protein 55g	110%
Vitamin A	0%
Vitamin C	0%
Calcium	40%
Iron	8%

<b>Essential Amino Acids:</b>	
L-Leucine 6,112mg	L-Threonine 4,187 mg
L-Isoleucine 3,548mg	L-Methionine 1,223 mg
L-Valine 3,417mg	L-Phenylalanine 1,925 mg
L-Lysine 5,122mg	L-Tryptophan 894 mg
<i>Non-Essential Amino Acids</i>	
L-Arginine 1,485mg	L-Glycine 1,100 mg
L-Aspartic 6,346mg	L-Histidine 1,011 mg
L-Cystine 1,300mg	L-Proline 3,548 mg
L-Alanine 2,929mg	L-Serine 3,039 mg
L-Glutamine 10,973mg	L-Tyrosine 1,753 mg

Directions: Mix 250g (4 rounded scoops) of MUSCLE JUICE 2544 with 18oz of water, juice, 2% milk or your favorite beverage. Mix thoroughly, chill and serve. To encourage maximum muscle weight gain and enhance your exercise program, take 30-45 minutes before workouts and again one hour after completion of your workouts. On non-workout days, take one serving between meals in the AM and another serving between meals in the PM.

Ingredients: Protein blend (whey protein concentrate, premium whey protein isolate, calcium caseinate, egg white albumin), maltodextrin, crystalline fructose, medium chain triglycerides, natural and artificial flavors and soy lecithin.