

WheySmooth



WHAT IS IT?

- A high-quality whey protein shake mix designed to help increase protein intake for health, body composition and athletic performance goals

WHO IS IT FOR?

- Anyone seeking a great tasting, convenient, and easily digestible protein source
- People restricting calories during weight loss to help minimize the loss of muscle tissue
- Individuals with muscle gain goals who want to increase daily protein intake
- Physique competitors or other weight-conscious athletes during the final weeks of competition



WHAT ARE THE BENEFITS?

- Rapid digestion and protein absorption
- Accelerates recovery
- Maximizes energy

WHAT MAKES THIS PRODUCT UNIQUE?

- **NSF Certified for Sport** - Independently tested for purity and potency
- Low lactose - less than 2 grams per serving
- Each serving contains 160 calories, 25 grams of protein, 200 mg of calcium and 224 mg of potassium
- Contains a unique blend of fast and slow releasing proteins:
 - Whey protein concentrate
 - Calcium caseinate
 - Egg white protein
 - Whey protein isolate
 - Micellar casein

