



# WHEY PROTEIN POWDER DRINK MIX

Beachbody Nutritionals™  
Power your program with protein.

Everyone, athlete or not, requires adequate protein daily to stay healthy and strong from head to toe. Protein is the premier body-building nutrient, essential for the growth, maintenance, and repair of all body tissues. To repair muscle after exercise, heal wounds or build bone, the body needs protein to complete the task. While some protein sources contain unnecessary fat, our low-fat, great-tasting Whey Protein Powder Drink Mix provides the protein you need, in the most easily digestible form, to help you maximize the results of your Beachbody® workouts and to help keep all your bodily systems operating at their best.\*



## KEY BENEFITS\*

- Supports your exercise and fitness program to help you **gain muscle and lose fat**
- Contains **18 g of 100% whey protein** per serving
- **Specially formulated** to be mixed with water, added to fruit smoothies, sprinkled over cereal or dessert, or mixed with milk for a great-tasting, **healthy shake**
- Whey protein is an **ideal supplement** for any fitness program because it contains the **highest concentration** of branched-chain amino acids (BCAAs) of any single protein source
- Protein helps curb your appetite, so you eat fewer calories and feel fuller
- Low in carbohydrates and no preservatives
- Available in two delicious flavors: Chocolate and Vanilla

## USAGE

Add one scoop (28.5 g) of Whey Protein Powder Drink Mix to 1/2 cup (4 fl oz) of water, milk, soy milk, rice milk, juice, etc. May be mixed in a blender for smoother consistency. Enjoy as a supplement any time to ensure you're getting adequate protein to support your specific needs—or post-workout, when you want protein without excess carbohydrates.

## THE BEACHBODY® DIFFERENCE

Many common protein choices are also high in fat, sodium, and calories, and are often partnered with other unhealthy foods. Whey Protein Powder Drink Mix is a smarter and healthier choice for both men and women because it is the most easily digested form of protein to help them keep their personal fitness programs on track.

## DID YOU KNOW?

- Protein is essential for building hormones, neurotransmitters, and antibodies.
- Protein is also a component of enzymes, substances that speed up the chemical reactions that take place within the body.
- Cell renewal cannot occur without protein.
- Whey protein is the most easily digested form of protein and considered ideal for health-conscious people.
- BCAAs are essential amino acids contained in muscle tissue, and help reduce the amount of muscle protein breakdown during exercise.

As with any new supplement, meal replacement, or exercise program, you should always first consult with your health care provider about your unique needs.

\*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.

