

PODIUM WHEY helps you fuel and recover.* It is formulated with high quality protein and all natural digestive enzymes.

SUGGESTED USE: Mix one (1) level scoop with 6-8 ounces of water or your choice of beverage. **Shake well and enjoy** after a workout or anytime during your day.

25g
PROTEIN


130
CALORIES

ZERO
ADDED SUGAR


COMBINE WITH ANY PODIUM PRODUCT TO HELP MAXIMIZE PERFORMANCE AND RECOVERY.*

WARNING: This product is intended for use by only healthy adults ages 18 or older. Pregnant or nursing women, individuals with known or suspected medical conditions, and those taking medications should not use this product. Not for use by infants or children. Discontinue use and seek immediate medical attention if you experience any adverse reaction to taking this product. Do not use if safety seal is damaged or missing. Store in a cool, dry place. **USE ONLY AS DIRECTED.**

CA PROP 65 WARNING: This product may expose you to chemicals including lead known to the state of California to cause cancer, birth defects, or other reproductive harm. Visit www.p65warnings.ca.gov for more information.

 Proudly manufactured in the United States in a GMP compliant facility with ingredients of domestic and international origin.



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25
SERVINGS
NATURALLY &
ARTIFICIALLY
FLAVORED
NO SUGAR
ADDED

WHEY

DIETARY SUPPLEMENT
CHURRO
NET WT. 9.18 G (2 LB)

PODIUM®

NUTRITION FACTS

25 Servings per container
Servings size **1 Scoop (36.3 g)**

Amount per serving
Calories 130

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	†
Cholesterol 45mg	15%
Total Carbohydrates 4g	2%
Total Sugars 2g	4%
Includes 0g of added sugars	0%
Protein 25g	
Calcium 130mg	10%
Sodium 200mg	9%
Potassium 150mg	3%
Magnesium 20mg	5%

*Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Whey Protein Isolate, Whey Protein Concentrate, Cookie Pieces (Graham Flour, Sugar, Wheat Flour, Palm Oil, Molasses, Baking Soda, Cinnamon, Malted Barley Flour, Salt, Soy Lecithin), Natural and Artificial Flavors, Salt, Silica, DigeZyme (Amylase, Protease, Lactase, Cellulase, Lipase), Gum Blend (Guar Gum, Gum Acacia, Xanthan Gum), Sucralose, Creamer (Non-Fat Dry Milk, Buttermilk Solids, Milk Solids, Butter, Natural Flavor).

ALLERGEN WARNING: Milk, Soy and Wheat.
Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanuts.

*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.

PROTEIN BREAKDOWN

Overall Protein Content	25g Protein
Whey Protein Isolate 87%	15.9g Bulk* Supplying 13.5g Protein
Whey Protein Concentrate 77%	15.4g Bulk* Supplying 11.5g Protein
(*3% Overage Included)	

This product is sold by weight rather than volume.



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