



FITNESS NUTRITION

protein powder

ADVANCED 100% WHEY BLEND

- FEATURES MULTI-FRACTIONAL WHEY PROTEINS
- **NO ADDED SUGAR**
- NO TRANS FATS
- **HIGHEST QUALITY INGREDIENTS**

TapouT XT Protein Powder is a premier protein delivering three sources of clean whey and milk proteins with added L-glycine and digestive enzymes. Each serving provides 20 grams of a proprietary blend of whey protein concentrate, non-fat instantized milk solids and whey protein isolate with only 1 gram of fat per serving. We added additional L-glycine and the proteolytic enzymes bromelain and papain for rapid protein digestion and assimilation for maximum benefits.†

The three sources of synergistic proteins in **TapouT XT Protein Powder** are designed to optimize positive nitrogen balance, promote lean muscle mass gains and assist in recovery. **TapouT XT Protein Powder** contains whey proteins that are complete proteins containing all of the essential amino acids that cannot be synthesized in the body. In fact, the amino acid profile (proportions and ratios) found in whey is almost identical to that of skeletal muscle. Whey proteins are naturally rich in the amino acid L-glutamine and have the highest concentration of the branched-chain amino acids (BCAA's) L-leucine, L-isoleucine and L-valine as compared to other protein sources. The BCAAs are highly concentrated in muscles that can become depleted during intense training. The BCAAs, especially L-leucine, have been shown to promote greater recovery of skeletal muscles at the cellular level.†

Research shows that a continuous intake (pulse feeding) of protein throughout the day is most effective in maintaining positive nitrogen balance and a positive anabolic state. **TapouT XT Protein Powder** can easily be incorporated into your daily routine; before exercise, during exercise, after exercise, in-between meals and at bedtime. This continuous flow of calories and protein helps to saturate your muscles with fuel and amino acids for optimal protein synthesis and recovery.†

To complete this superior formulation we added the amino acid L-glycine to support natural Growth Hormone levels. L-Glycine is also a precursor to natural creatine production in the body. The protein digestive enzymes bromelain and papain were added that assist with the complete assimilation of the whey proteins.

The best part about **TapouT XT Protein Powder** is the incredible taste to go along with the superior science and technology. Give **TapouT XT Protein Powder** a try and we believe you will feel and see the difference at the gym and in the mirror.

20g
protein
PER SERVING

gf
GLUTEN FREE

3
SOURCES OF
PROTEIN

Vanilla

Nutrition Facts

Serving Size: 1 Scoop (27g) Servings Per Container: 30

Amount Per Serving		% Daily Value*	
Calories 100			
Calories from Fat 4			
Total Fat 1g		1%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 35mg		12%	
Sodium 58mg		2%	
Potassium 116mg		3%	
Total Carbohydrate 5g		2%	
Dietary Fiber 0g		0%	
Sugars 2g			
Protein 20g		40%	
Vitamin A 0%	Vitamin C 0%	Calcium 15%	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Potassium	Less Than	3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories Per Gram	Fat 9 - Carbohydrate 4 - Protein 4		

Ingredients: Proprietary Protein Blend (Whey Protein Concentrate, Non-Fat Instantized Milk Solids, Whey Protein Isolate), L-Glycine, Natural & Artificial Flavors, Bromelain (Protease Digestive Enzyme), Papain (Protease Digestive Enzyme), Sucralose Sweetener, Acesulfame Potassium.

Contains: Milk and Soy (lecithin).
Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

Chocolate

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Total Carbohydrate		300g	375g
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Calories Per Gram	Fat 9 - Carbohydrate 4 - Protein 4		

Ingredients: Proprietary Protein Blend (Whey Protein Concentrate, Non-Fat Instantized Milk Solids, Whey Protein Isolate), L-Glycine, Dutch cocoa, Natural & Artificial Flavors, Bromelain (Protease Digestive Enzyme), Papain (Protease Digestive Enzyme), Sucralose Sweetener, Acesulfame Potassium.

Contains: Milk and Soy (lecithin).
Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

Directions: In a shaker cup or blender mix one scoop (provided in container) with 6 to 10 oz. of cold water. SHAKE WELL. Adjust water for taste preference. Using less fluid will create a thicker tasting shake. Can be mixed with milk, your favorite juice or with the addition of fresh or frozen fruit. May also be used with cereals, yogurt or pancakes to increase the protein in the diet.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

WARNING: Consult a physician before starting any diet and exercise program and before using this product. Use this product as a dietary supplement only. Do not use this product for weight reduction. Very low calorie protein diets (below 400 calories per day) may cause serious illness or death.

For more information, please call customer service at (855) 462-6822.

† 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.



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