

# RECHARGE

**XS™ SPORTS  
PROTEIN POWDER**

BUILD LEAN MUSCLE



## Cookies & Cream

Tub 11-0815

Galletas y Crema

| <b>Supplement Facts</b>         |                |
|---------------------------------|----------------|
| Serving Size 1 Scoop (42g)      |                |
| Servings Per Container About 18 |                |
| Amount Per Serving              | % Daily Value* |
| Calories                        | 160            |
| Calories from Fat               | 20             |
| Total Fat                       | 2g 3%          |
| Saturated Fat                   | 2g 10%         |
| Trans Fat                       | 0g             |
| Cholesterol                     | 45mg 15%       |
| Total Carbohydrate              | 9g 3%          |
| Dietary Fiber                   | 1g 4%          |
| Sugars                          | 7g             |
| Protein                         | 23g 46%        |
| Calcium                         | 273mg 27%      |
| Sodium                          | 150mg 6%       |
| BCAA Blend                      | 500mg †        |

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**INGREDIENTS:** WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, FRUCTOSE, GLYCINE, NATURAL FLAVORS, CALCIUM CASEINATE, COOKIE BITES (WHEAT FLOUR, SUGAR, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), SALT, SODIUM BICARBONATE), MICELLAR CASEIN, WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN ISOLATE, BRANCHED CHAIN AMINO ACIDS (LEUCINE, ISOLEUCINE, VALINE), SODIUM CASEINATE, MEDIUM CHAIN TRIGLYCERIDES, COCOA (PROCESSED WITH ALKALI), PAPAIN, GUM GUM, XANTHAN GUM, SALT, BROMELAIN, FRUCTOLIGOSACCHARIDES, REB A (FROM STEVIA).

**CONTAINS EGG, MILK, SOY, AND WHEAT.**

One serving provides the following typical amino acids:

|                     |        |
|---------------------|--------|
| L-Alanine           | 1000mg |
| L-Arginine          | 640mg  |
| L-Aspartic Acid     | 2390mg |
| L-Cystine           | 440mg  |
| L-Glutamic Acid     | 4350mg |
| Glycine             | 420mg  |
| L-Histidine         | 480mg  |
| L-Isoleucine (BCAA) | 1360mg |
| L-Leucine (BCAA)    | 2300mg |
| L-Lysine            | 1980mg |
| L-Methionine        | 550mg  |
| L-Phenylalanine     | 850mg  |
| L-Proline           | 1150mg |
| L-Serine            | 1160mg |
| L-Threonine         | 1350mg |
| L-Tryptophan        | 410mg  |
| L-Tyrosine          | 850mg  |
| L-Valine (BCAA)     | 1320mg |

