

Typical Amino Acid Profile per 100 grams of protein

Essential Amino Acids	Non-Essential Amino Acids
L-Leucine 10400mg	L-Arginine 3,200mg
L-Isoleucine 5500mg	L-Aspartic Acid 10200mg
L-Valine 5400mg	L-Cysteine 2100mg
L-Lysine 8900mg	L-Alanine 4,300mg
L-Threonine 5400mg	L-Glutamic Acid 16,500mg
L-Methionine 1900mg	L-Glycine 1900mg
L-Phenylalanine 3,300mg	L-Histidine 1900mg
L-Tryptophan 1500mg	L-Proline 7900mg
	L-Serine 5,600mg
	L-Tyrosine 4,200mg

**Directions**

Add 75g powder into 14 ounces water, milk or juice and mix thoroughly for approximately 30 seconds with a shaker or blender. Drink immediately.

Store SYG ISO WHEY MASS in a dry, cool place.

SYG ISO WHEY MASS is a highly concentrated mass gain formula.

SYG ISO WHEY MASS helps create positive nitrogen balance.

SYG ISO WHEY MASS gives you large portions of protein and carbohydrates, without the fat and sugar.

**HIGHLIGHTS:**

- » high quality protein blend
- » mixes instantly
- » essential & non-essential amino acids
- » BCAAs
- » aspartame free

For best results use SYG ISO WHEY MASS three times a day.

**SYGLABS**<sup>TM</sup>  
NUTRITION



**SYG.  
ISO WHEY  
MASS**

NET. WT. 12 LBS (5429g)

... THE AMERICAN WAY

**Nutrition Facts**

Serving Size: 1 Scoop (75g) 72  
Serving Per Container: about 72

Amount Per Serving	Calories From Fat 10
Total Calories 289	
Total Fat 0.9g	1% Daily Value*
Saturated Fat 0.9g	1%
Trans Fat 0g	3%
Carbohydrates 59g	20%
Protein 10.8g	21%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients**

Maltodextrin, Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Dextrose, Fructose, natural and artificial Flavors, thickener: guar gum, salt.

contains milk and soy



DISTRIBUTED BY:  
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KEEP OUT OF REACH OF CHILDREN