



Michael R. Pence  
Governor

Jerome M. Adams, MD, MPH  
State Health Commissioner

**DATE:** August 10, 2015  
**TO:** All Local Health Departments  
Attn: Chief Food Inspection Officer  
**FROM:** *Laurie Kidwell*  
Laurie Kidwell, RRT Supervisor  
Food Protection Program  
**SUBJECT:** Nutrition Resource Services, Inc. - RECALL [Food]

**AFFECTED PRODUCT:** The products recalled are all varieties of Just Be Natural (JBN) Whey Superior, Whey Isolates, Earth Superior Whey, Confidence Isolates, Recovery Fuel, Growtein; Casein, and Colostrum; and Gifted Nutrition Colostrum

**SUMMARY:** Unclassified Recall; The products are being recalled because they contain milk, an undeclared allergen that was not specifically noted in the Ingredient list.

The products recalled are all varieties of Just Be Natural (JBN) Whey Superior, Whey Isolates, Earth Superior Whey, Confidence Isolates, Recovery Fuel, Growtein; Casein, and Colostrum; and Gifted Nutrition Colostrum, all manufactured with lot dates after 10162014 and prior to 07232015. The date will appear as the last eight digits of the lot number, with the lot number and date appearing at the bottom of each bottle in blue ink. The products are packaged in 1500 cc, 3000 cc, and 2 gallon bottle sizes.

The products were distributed via the Internet.

**SUGGESTED ACTION:** Recommend notification of affected parties via phone, fax, or e-mail. Consumers with any questions may contact 888-877-7232 between 8:00 AM and 5:00 PM Eastern Standard Time Monday through Friday. Furthermore, if any recalled products are found, notify this office at 317-233-8475.

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### Recall -- Firm Press Release

FDA posts press releases and other notices of recalls and market withdrawals from the firms involved as a service to consumers, the media, and other interested parties. FDA does not endorse either the product or the company.

*UPDATED - Allergy Alert on Undeclared Milk in Nutrition Resource Services, Inc.'s Whey, Casein, and Colostrum Protein Products*

**Contact:**  
Consumer:  
888-877-7232



2 North Meridian Street • Indianapolis, IN 46204  
317.233.1325 tdd 317.233.5577  
www.statehealth.in.gov

To promote and provide  
essential public health services.

**FOR IMMEDIATE RELEASE** – August 03, 2015 – Bethlehem, PA – NRS - Nutrition Resource Services, Inc. of Bethlehem, PA is voluntarily recalling products with whey concentrate, whey isolate, casein, and colostrum, which contain milk, an undeclared allergen. We are undertaking this recall as an extra precaution for those consumers unaware of the presence of milk in products of this nature. This is a labeling issue and not a concern regarding product quality. The ingredient Milk was not specifically noted in the Ingredient list. Individuals with severe allergies to milk run the risk of serious or life-threatening allergic reaction if they consume products containing milk proteins, and those with lactose intolerance (not to be confused with milk allergy) could experience gastrointestinal difficulties.

The products recalled are all varieties of Just Be Natural (JBN) Whey Superior, Whey Isolates, Earth Superior Whey, Confidence Isolates, Recovery Fuel, Growtein; Casein, and Colostrum; and Gifted Nutrition Colostrum, all manufactured with lot dates after 10162014 and prior to 07232015. The date will appear as the last eight digits of the lot number, with the lot number and date appearing at the bottom of each bottle in blue ink.

The products were distributed through the showroom located at the corporate address in Bethlehem, PA, via the Internet, and select retail locations located mainly in the Bethlehem, PA area.

The products are packaged in 1500 cc, 3000 cc, and 2 gallon bottle sizes. Photographs are included.

No illnesses have been reported to date in conjunction with these products. The U.S. Food & Drug Administration has been notified of this voluntary recall.

Consumers who have purchased any of the products should return them to NRS - Nutrition Resource Services, Inc. at 3864 Courtney Street, Suite 140, Bethlehem, PA 18017 for a replacement or full refund.

Consumers with any questions may contact 888-877-7232 between 8:00 AM and 5:00 PM Eastern Standard Time Monday through Friday.

###

U.S. Food and Drug Administration  
Protecting and Promoting *Your* Health

# UPDATED - Allergy Alert on Undeclared Milk in Nutrition Resource Services, Inc.'s Whey, Casein, and Colostrum Protein Products Photos

**JBN**  
100% WHEY ISOLATE

## 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION

**23G | 140 | 1G**  
WHEY ISOLATE CALORIES FAT

**CHERRY CRUSH**

NET WT. 4.25 LB (1.93 KG) 100% DEHYDRATED SUPPLEMENT

**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Amount Per Scoop  
Calories 140  
Total Fat 1g 2%  
Saturated Fat 0g 0%  
Trans Fat 0g 0%  
Cholesterol 5mg 10%  
Sodium 5mg 10%  
Potassium 30mg 6%  
Total Carbohydrate 1g 2%  
Dietary Fiber 0g 0%  
Sugars 1g 2%  
Protein 23g 46%

**INGREDIENTS:** Whey protein isolate, Multivitamin, Natural and Artificial Flavors, Red 40, Soluble Corn Fiber, Cellulose, Xanthan and Carrageenan Gums, Sucralose.

**CONTAINS MILK AND OTHER MILK SOLIDS**

**WHY BEYOND THE SHAKE!**  
**Cherry Creamicle Pops**  
2 scoops EPN 100% Whey Isolate Cherry Crush  
1 cup 100% fat plain Greek yogurt  
2 packets of sweetener  
2-4 TB unsweetened milk of choice  
1/2 cup chopped cherries, fresh or frozen  
Blend all ingredients well and fold in fruit. Pour into popsicle mold. Freeze for a minimum of 4 hours.  
Hungry for More? Visit [JBN.com](http://JBN.com)

**JBN**  
100% WHEY ISOLATE

## 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION

**22G | 110 | 1G**  
WHEY ISOLATE CALORIES FAT

**CHOCOLATE**

NET WT. 3.6 LB (1.63 KG) 100% DEHYDRATED SUPPLEMENT

**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Amount Per Scoop  
Calories 110  
Total Fat 1g 2%  
Saturated Fat 0g 0%  
Trans Fat 0g 0%  
Cholesterol 5mg 10%  
Sodium 5mg 10%  
Potassium 30mg 6%  
Total Carbohydrate 1g 2%  
Dietary Fiber 0g 0%  
Sugars 1g 2%  
Protein 22g 44%

**INGREDIENTS:** Whey protein isolate, Cocoa (chocolate), Multivitamin, Natural Flavors with other Natural Flavors, Soluble Corn Fiber, Cellulose, Xanthan and Carrageenan Gums, Sucralose.

**CONTAINS MILK AND OTHER MILK SOLIDS**

**WHY BEYOND THE SHAKE!**  
**Protein Fudge**  
2 scoops EPN 100% Whey Isolate Chocolate  
1/2 cup raw hazelnut powder  
1/2 cup almond butter  
1/4 cup cocoa butter  
1/4 cup raw heavy cream  
1/2 cup vanilla extract  
Blend all ingredients well, preferably with a hand mixer, until smooth. Press into 12 squares halves. Freeze. Enjoy!  
Hungry for More? Visit [JBN.com](http://JBN.com)



**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving		% Daily Value*
Total Fat 1g	2%	
Saturated Fat 0.5g	10%	
Trans Fat 0g	0%	
Cholesterol 5mg	10%	
Sodium 10mg	2%	
Total Carbohydrate 22g	44%	
Dietary Fiber 2g	4%	
Sugar 1g	2%	
Protein 23g	46%	
Vitamin A 2%		
Calcium 10%		
Iron 2%		
Magnesium 6%		

\*Percent Daily Values are based on a diet of other people's dreams.

**JBN**  
JUST BEYOND NUTRITION

# 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION

**23G | 110 | 1G**  
WHEY ISOLATE | CALORIES | FAT

**CHOCOLATE MOCHA**  
NATURAL FLAVORED POWDER

NET WT. 30.0g (1.05oz) 100% DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is first thing in the morning. Combining pure whey isolate protein and sugar in a format that delivers a superior absorption rate. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of ice cold water and mix until completely blended. For a delicious mocha latte, use hot coffee or almond milk and ice cubes. Also, try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE!**  
**Iced Mocha Latte**

- 1 scoop EPN 100% Whey Isolate Chocolate Mocha
- 1 cup unsweetened almond milk
- 1/2 cup espresso or 1/2 cup cold coffee
- 1 tsp. cocoa powder
- 1/2 tsp. vanilla
- 5-8 ice cubes

Combine all ingredients in a blender. Sip & enjoy!

[Hungry for More? Visit JBN.com](#)

**RAPID ABSORPTION**

EPN 100% WHEY ISOLATE is hydrolyzed using the finest whey protein as a result of our advanced four-stage blending process. It delivers muscle-replenishing protein fast and contributes to the growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a microfiltrate approach to our high-quality ingredients. We take pride in our advanced taste technology and perfectly enhanced mouthfeel.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- EPN PURE COLLAGEN
- EPN CRISTINA MONOHYDRATE

**ENDURANCE**

- EPN BOLD FUEL™
- GET SHAKIN'™ BODY FUEL

**HEALTH & WELLNESS**

- MULTIVITAMIN POWDER
- EARTH SUPPLE™ VEGGIE

**SLEEP & RECOVERY**

- EPN CREAM PEPTIDE
- EPN PURE COLLAGEN

**ALLERGEN INFORMATION**

This product may have been processed in a facility that also processes milk, soy, wheat, peanuts and other allergens.

**INGREDIENTS:** Whey protein isolate, Cocoa (Dutch), Maltodextrin, Natural and Artificial Flavors, Cellulose Gum, Erythritol, Xanthan and Carrageenan Gums, Sucralose

**MANUFACTURED BY:** NUTRITION RESEARCH SERVICES, INC. DISTRIBUTED BY: JBN - JUST BEYOND

**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving		% Daily Value*
Total Fat 1g	2%	
Saturated Fat 0.5g	10%	
Trans Fat 0g	0%	
Cholesterol 5mg	10%	
Sodium 10mg	2%	
Total Carbohydrate 22g	44%	
Dietary Fiber 2g	4%	
Sugar 1g	2%	
Protein 23g	46%	
Vitamin A 2%		
Calcium 10%		
Iron 2%		
Magnesium 6%		

\*Percent Daily Values are based on a diet of other people's dreams.

**JBN**  
JUST BEYOND NUTRITION

# 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION

**23G | 130 | 1G**  
WHEY ISOLATE | CALORIES | FAT

**FRENCH VANILLA CREAM**  
NATURAL FLAVORED POWDER

NET WT. 30.0g (1.05oz) 100% DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is first thing in the morning. Combining pure whey isolate protein and sugar in a format that delivers a superior absorption rate. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of ice cold water and mix until completely blended. For a delicious vanilla cream latte, use hot coffee or almond milk and ice cubes. Also, try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE!**  
**Cake Batter Truffles**

- 1 scoop EPN 100% Whey Isolate French Vanilla Cream
- 2 TB cream cheese
- 2 TB unsweetened apple sauce
- 1 vanilla bean
- 1/2 tsp. almond extract

Mix all ingredients in a bowl and stir until completely blended. For a delicious vanilla cream latte, use hot coffee or almond milk and ice cubes. Also, try adding a scoop to your favorite healthy recipe to increase the protein content.

[Hungry for More? Visit JBN.com](#)

**RAPID ABSORPTION**

EPN 100% WHEY ISOLATE is hydrolyzed using the finest whey protein as a result of our advanced four-stage blending process. It delivers muscle-replenishing protein fast and contributes to the growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a microfiltrate approach to our high-quality ingredients. We take pride in our advanced taste technology and perfectly enhanced mouthfeel.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- EPN PURE COLLAGEN
- EPN CRISTINA MONOHYDRATE

**ENDURANCE**

- EPN BOLD FUEL™
- GET SHAKIN'™ BODY FUEL

**HEALTH & WELLNESS**

- MULTIVITAMIN POWDER
- EARTH SUPPLE™ VEGGIE

**SLEEP & RECOVERY**

- EPN CREAM PEPTIDE
- EPN PURE COLLAGEN

**ALLERGEN INFORMATION**

This product may have been processed in a facility that also processes milk, soy, wheat, peanuts and other allergens.

**INGREDIENTS:** Whey protein isolate, Maltodextrin, Natural Flavors, Cellulose Gum, Erythritol, Xanthan and Carrageenan Gums, Sucralose

**MANUFACTURED BY:** NUTRITION RESEARCH SERVICES, INC. DISTRIBUTED BY: JBN - JUST BEYOND

**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving		% Daily Value*
Total Fat 1g	2%	
Saturated Fat 0.5g	10%	
Trans Fat 0g	0%	
Cholesterol 5mg	10%	
Sodium 10mg	2%	
Total Carbohydrate 22g	44%	
Dietary Fiber 2g	4%	
Sugar 1g	2%	
Protein 23g	46%	
Vitamin A 2%		
Calcium 10%		
Iron 2%		
Magnesium 6%		

\*Percent Daily Values are based on a diet of other people's dreams.

**JBN**  
JUST BEYOND NUTRITION

# 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION

**23G | 110 | 1G**  
WHEY ISOLATE | CALORIES | FAT

**OATMEAL COOKIE**  
NATURAL FLAVORED POWDER

NET WT. 30.0g (1.05oz) 100% DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is first thing in the morning. Combining pure whey isolate protein and sugar in a format that delivers a superior absorption rate. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of ice cold water and mix until completely blended. For a delicious oatmeal cookie latte, use hot coffee or almond milk and ice cubes. Also, try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE!**  
**Chevy Protein Bars**

- 2 scoops EPN 100% Whey Isolate Oatmeal Cookie
- 2 cups unsweetened almond milk
- 2 TB cream cheese
- 1/2 cup natural creamy peanut butter
- 1 TB honey
- 2 TB soft vanilla extract
- 1/2 cup mini chocolate chips

Combine with protein powder and mix until it is a ball and mix. Add peanut butter, almond milk, sugar, honey and vanilla extract to the ball and mix everything into the system and you have it! It's that easy!

Use a ball of dough (put into parchment paper) into the dough & use kitchen shears to cut into your favorite. So mix everything into the dough and press down from gently. Refrigerate for at least 2 hours. Remove from the pan and cut into 8 bars.

[Hungry for More? Visit JBN.com](#)

**RAPID ABSORPTION**

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**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- EPN PURE COLLAGEN
- EPN CRISTINA MONOHYDRATE

**ENDURANCE**

- EPN BOLD FUEL™
- GET SHAKIN'™ BODY FUEL

**HEALTH & WELLNESS**

- MULTIVITAMIN POWDER
- EARTH SUPPLE™ VEGGIE

**SLEEP & RECOVERY**

- EPN CREAM PEPTIDE
- EPN PURE COLLAGEN

**ALLERGEN INFORMATION**

This product may have been processed in a facility that also processes milk, soy, wheat, peanuts and other allergens.

**INGREDIENTS:** Whey protein isolate, Maltodextrin, Natural Flavors, Cellulose Gum, Erythritol, Xanthan and Carrageenan Gums, Sucralose

**MANUFACTURED BY:** NUTRITION RESEARCH SERVICES, INC. DISTRIBUTED BY: JBN - JUST BEYOND

**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Servings Per Container 30

Amount Per Serving		% Daily Value*
Total Fat 1g	2%	
Saturated Fat 0.5g	10%	
Trans Fat 0g	0%	
Cholesterol 5mg	10%	
Sodium 10mg	2%	
Total Carbohydrate 22g	44%	
Dietary Fiber 2g	4%	
Sugar 1g	2%	
Protein 23g	46%	
Vitamin A 2%		
Calcium 10%		
Iron 2%		
Magnesium 6%		

\*Percent Daily Values are based on a diet of other people's dreams.

**JBN**  
JUST BEYOND NUTRITION

# 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION

**23G | 120 | 1G**  
WHEY ISOLATE | CALORIES | FAT

**STRAWBERRIES & CREAM**  
NATURAL FLAVORED POWDER

NET WT. 30.0g (1.05oz) 100% DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is first thing in the morning. Combining pure whey isolate protein and sugar in a format that delivers a superior absorption rate. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of ice cold water and mix until completely blended. For a delicious strawberry cream latte, use hot coffee or almond milk and ice cubes. Also, try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE!**  
**Banana Split Ice Cream**

- 1 scoop EPN 100% Whey Isolate Strawberry Cream
- 1/2 cup unsweetened almond milk
- 2 TB vanilla sauce
- 2 TB whipped milk of choice

Place all ingredients in a food processor and blend on high. You may need to stop a few times to scrape the sides. Mix ice cream until fully.

You may enjoy immediately or transfer to a container to place in a freezer for 1-2 hours to firm up.

[Hungry for More? Visit JBN.com](#)

**RAPID ABSORPTION**

EPN 100% WHEY ISOLATE is hydrolyzed using the finest whey protein as a result of our advanced four-stage blending process. It delivers muscle-replenishing protein fast and contributes to the growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a microfiltrate approach to our high-quality ingredients. We take pride in our advanced taste technology and perfectly enhanced mouthfeel.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- EPN PURE COLLAGEN
- EPN CRISTINA MONOHYDRATE

**ENDURANCE**

- EPN BOLD FUEL™
- GET SHAKIN'™ BODY FUEL

**HEALTH & WELLNESS**

- MULTIVITAMIN POWDER
- EARTH SUPPLE™ VEGGIE

**SLEEP & RECOVERY**

- EPN CREAM PEPTIDE
- EPN PURE COLLAGEN

**ALLERGEN INFORMATION**

This product may have been processed in a facility that also processes milk, soy, wheat, peanuts and other allergens.

**INGREDIENTS:** Whey protein isolate, Maltodextrin, Natural Flavors, Cellulose Gum, Erythritol, Xanthan and Carrageenan Gums, Sucralose

**MANUFACTURED BY:** NUTRITION RESEARCH SERVICES, INC. DISTRIBUTED BY: JBN - JUST BEYOND



**Nutrition Facts**

Serving Size 1 Scoop (28g)  
Amount Per Scoop

Total Fat 1g	2%
Saturated Fat 0g	0%
Total Carb 2g	0%
Cholesterol 0g	0%
Protein 23g	45%

PERCENTAGE Daily Values are based on a diet of other people's secrets.

**JBN**  
Sports Nutrition

# 100% WHEY ISOLATE

EPN ENHANCED PERFORMANCE NUTRITION™

**23G | 100 | 1G**  
WHEY ISOLATE | CALORIES | FAT

**UNFLAVORED**

NET WT. 23G (0.81 OZ) 100% DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our formula is a first thing in the morning combination of pure whey protein and casein to ensure this delivers a rapid absorption rate. It also ideal within 30 minutes of finishing your workout for quick muscle growth and repair.

• Add 1 scoop to 8-12 oz of ice cold water and mix until completely blended. For a delicious milkshake, use 1/2 cup of almond milk and ice cream. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE?**  
**Deep Dish Pizza**

1 Scoop (23g) WHEY ISOLATE  
1/2 cup of pizza sauce  
1/2 cup of shredded mozzarella cheese  
1/2 cup of sliced mushrooms  
1/2 cup of sliced pepperoni  
1/2 cup of sliced olives

**OPTIMAL REPAIR**  
Mix 1 scoop with 8-12 oz of ice cold water and mix until completely blended. For a delicious milkshake, use 1/2 cup of almond milk and ice cream. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

• Add 1 scoop to 8-12 oz of ice cold water and mix until completely blended. For a delicious milkshake, use 1/2 cup of almond milk and ice cream. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE?**  
**Protein Cinnamon Roll**

1 Scoop (23g) WHEY ISOLATE  
1/2 cup of cinnamon roll mix  
1/2 cup of milk  
1/2 cup of brown sugar  
1/2 cup of butter  
1/2 cup of vanilla extract

NET WT. 23G (0.81 OZ) 100% DIETARY SUPPLEMENT

**Nutrition Facts**

Serving Size 1 Scoop (28g)  
Amount Per Scoop

Total Fat 1g	2%
Saturated Fat 0g	0%
Total Carb 2g	0%
Cholesterol 0g	0%
Protein 22g	40%

PERCENTAGE Daily Values are based on a diet of other people's secrets.

**JBN**  
Sports Nutrition

# CASEIN PROTEIN

EPN ENHANCED PERFORMANCE NUTRITION™

**22G | 130 | 0G**  
CASEIN PROTEIN | CALORIES | FAT

**CINNAMON RICE PUDDING**

NET WT. 22G (0.78 OZ) 100% DIETARY SUPPLEMENT

**USE AT BEDTIME**

This protein carries a high concentration of slow releasing amino acids. Consuming it at night allows it to deliver nutrients to your muscles and aid protein metabolism in the overnight hours.

• Add 1 scoop to 8-12 oz of ice cold water and mix until completely blended. For a delicious milkshake, use 1/2 cup of almond milk and ice cream. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE?**  
**Protein Cinnamon Roll**

1 Scoop (22g) CASEIN PROTEIN  
1/2 cup of cinnamon roll mix  
1/2 cup of milk  
1/2 cup of brown sugar  
1/2 cup of butter  
1/2 cup of vanilla extract

NET WT. 22G (0.78 OZ) 100% DIETARY SUPPLEMENT

**Nutrition Facts**

Serving Size 1 Scoop (28g)  
Amount Per Scoop

Total Fat 1g	2%
Saturated Fat 0g	0%
Total Carb 2g	0%
Cholesterol 0g	0%
Protein 22g	40%

PERCENTAGE Daily Values are based on a diet of other people's secrets.

**JBN**  
Sports Nutrition

# CASEIN PROTEIN

EPN ENHANCED PERFORMANCE NUTRITION™

**22G | 130 | 0G**  
WHEY PROTEIN | CALORIES | FAT

**VANILLA CREAM**

NET WT. 22G (0.78 OZ) 100% DIETARY SUPPLEMENT

**USE AT BEDTIME**

This protein carries a high concentration of slow releasing amino acids. Consuming it at night allows it to deliver nutrients to your muscles and aid protein metabolism in the overnight hours.

• Add 1 scoop to 8-12 oz of ice cold water and mix until completely blended. For a delicious milkshake, use 1/2 cup of almond milk and ice cream. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE?**  
**Protein Cheesecake**

1 Scoop (22g) CASEIN PROTEIN  
1/2 cup of cream cheese  
1/2 cup of graham cracker crumbs  
1/2 cup of milk  
1/2 cup of vanilla extract

NET WT. 22G (0.78 OZ) 100% DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size 1 Scoop (28g)  
Amount Per Scoop

Epitaxial Cell Growth	100%
Epitaxial Cell Proliferation	100%
Epitaxial Cell Differentiation	100%
Epitaxial Cell Apoptosis	100%
Epitaxial Cell Migration	100%
Epitaxial Cell Invasion	100%
Epitaxial Cell Metastasis	100%
Epitaxial Cell Survival	100%
Epitaxial Cell Proliferation	100%
Epitaxial Cell Differentiation	100%
Epitaxial Cell Apoptosis	100%
Epitaxial Cell Migration	100%
Epitaxial Cell Invasion	100%
Epitaxial Cell Metastasis	100%
Epitaxial Cell Survival	100%

PERCENTAGE Daily Values are based on a diet of other people's secrets.

**JBN**  
Sports Nutrition

# WHOLE COLOSTRUM

100% BOWEN TEST MAXIMUM COLOSTRUM

EPN ENHANCED PERFORMANCE NUTRITION™

**NATURAL FLAVOR**

NET WT. 28G (1.00 OZ) 100% DIETARY SUPPLEMENT

**EXTRAORDINARY GROWTH**

EPN COLLOSTRUM is a rich milk protein that has been produced by cows less than 48 hours of age. It is the highest quality milk protein available. It is rich in growth factors and contains all the essential amino acids for muscle growth and repair. It is also rich in immunoglobulins and lactoferrin, which help to protect against infection and disease.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

This formula is a first thing in the morning combination of pure whey protein and casein to ensure this delivers a rapid absorption rate. It also ideal within 30 minutes of finishing your workout for quick muscle growth and repair.

• Add 1 scoop to 8-12 oz of ice cold water and mix until completely blended. For a delicious milkshake, use 1/2 cup of almond milk and ice cream. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHY BEYOND THE SHAKE?**  
**Protein Cheesecake**

1 Scoop (28g) WHOLE COLOSTRUM  
1/2 cup of cream cheese  
1/2 cup of graham cracker crumbs  
1/2 cup of milk  
1/2 cup of vanilla extract

NET WT. 28G (1.00 OZ) 100% DIETARY SUPPLEMENT





# WHOLE COLOSTRUM

**Supplement Facts**

Serving Size: 1 Scoop (10g)	
Servings Per Container: 30	
Amount Per Serving	
Calories	100
Total Fat	5g
Total Protein	50g
Total Fiber	3g
Total Sugar	10g
Total Fat	5g
Total Protein	50g
Total Fiber	3g
Total Sugar	10g

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- EPN Goutam™
- EPN Goutam

**ENDURANCE**

- EPN Day V2 Pre-workout
- EPN Body of Fire™

**WEIGHT LOSS & TONE**

- EPN Day Old Powder
- C-Glutamine Liquid

**COGNITIVE HEALTH**

- EPN Goutam
- Ultra-Glutamine AM, PM X2

**EXTRAORDINARY GROWTH**

EPN COLLOSTRUM or "early milk" is nature's perfect first food produced by the cow's mammary glands after giving birth. Over the first weeks of early lactation, protein from cow's milk and subsequent processing, it carries an extraordinary individual profile with benefits that will bring the desired results of your training to a tremendous level.

**GROWTH FACTOR CONCENTRATES** to increase food production, accelerate healing, decrease muscle growth and burn fat faster.

**PROTEIN ENHANCER POLYPEPTIDES AND PEPTIDES** stimulate receptors to the immune system.

**LACTOGEN** also heightens immunity with its natural, unadulterated & unadulterated properties.

**IMMUNO-PEPTIDES** trigger protein synthesis more frequently, signaling the body to build lean muscle mass at many points throughout the day. IMPs also enhance the ability to recover quickly from intense workouts. And thanks to the effect of protein synthesis, IMPs cause all other supplements in your muscle-building arsenal to produce results far more before.

Being a Whole Colostrum (the formula also contains fats, including phospholipids, medium-chain triglycerides, and cholesterol). These are necessary nutrients to be readily used in cells, with fat in whole milk is believed to be beneficial to the regulation of blood sugar levels and appetite.

Whole Colostrum comes from a protein-rich medium, to preserve the protein rich polypeptides (PPIs) and some growth factors as they pass through the GI tract. Fat is also contained and provides fat-soluble vitamins A, D, E and K that are naturally occurring in colostrum.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

This formula will encourage lean muscle growth, fat burn and more efficient healing. Contains a unique fat blend in the morning as an empty stomach, and another serving within 20-30 minutes of finishing your workout.

Add 2 scoops to 4-12 oz. of ice cold water and mix until completely blended. Apply the effectiveness of any JBN product with a serving of Colostrum.

**EPN ENHANCED PERFORMANCE NUTRITION**

100% BOVINE FIRST MILK/NO PROTEIN

**5G** | **50** | **3G**

WHY PROTEIN | CALORIES | FAT

**NATURAL FLAVOR**

NET WT. 3.0 LBS (1.36 kg) DIETARY SUPPLEMENT

**Nutrition Facts**

Serving Size: 1 Scoop (10g)	
Servings Per Container: 30	
Amount Per Serving	
Calories	100
Total Fat	1g
Total Protein	25g
Total Fiber	5g
Total Sugar	10g
Total Fat	1g
Total Protein	25g
Total Fiber	5g
Total Sugar	10g



# Confidence

Nutritional Support for Bariatric Surgery

**25G 100% WHEY ISOLATE**

50% Daily Value • Nutrient Dense • Highly Digestible • Gluten Free

**1G** Fat  
**5G** Fiber  
**14** Servings



**Pre & Post Bariatric Surgery Weight Management Success**

Before having bariatric surgery, your physician will tell you it is vital to reduce any excess fat around the liver and stomach because it helps minimize post-surgical bleeding, and reduces the size of the liver allowing for easier access to your stomach.

A typical liquid pre-op diet consists of 800 to 1200 calories per day. Consuming a delicious, highly-digestible nutrient-dense whey protein shake which is high in protein, fortified with fiber, and low in carbohydrates is a perfect way of ensuring success to reduce fat levels in surgical areas.

After surgery, continuing on your pre-op diet is crucial for muscle and tissue repair and regrowth. One of the most important things you may be told is to consume between 15-20 grams of fiber daily. Since your post-surgery diet will be focused on high-protein foods, you may be lacking the dietary fiber needed to maintain digestion and regularity.

**Pre & Post Bariatric Surgery Weight Management Success**


- Decreased flat and dietary fiber intake
- Reduced physical activity
- Use of processed products
- Iron and calcium supplementation

**Suggested Use**

Enjoy anytime of the day or night. Add two scoops to 4-12 oz. ice cold water and mix until completely blended. For a delicious milkshake taste, use low fat dairy or almond milk and ice cubes. Also, by adding a scoop to your favorite healthy recipe to increase the protein content.

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# Confidence

Nutritional Support for Bariatric Surgery

**25G 100% WHEY ISOLATE**

50% Daily Value • Nutrient Dense • Highly Digestible • Gluten Free

**1G** Fat  
**5G** Fiber  
**35** Servings



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Nutritional Support for Bariatric Surgery

**25G 100% WHEY ISOLATE**

50% Daily Value • Nutrient Dense • Highly Digestible • Gluten Free

**1G** Fat  
**5G** Fiber  
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**Nutrition Facts**

Serving Size 30g (1.07 oz)	
Amount Per Serving	
Total Fat	1g
Total Protein	25g
Cholesterol	0%
Sodium	0%
Total Carbohydrate	0%
Dietary Fiber	5g
Sugars	0%
Protein	25g
Percent Daily Values are based on a diet of other people's misdeeds.	

**INGREDIENTS:** Whey Protein Isolate, Natural and Artificial Flavors, Natural and Artificial Colors, Citrus Acid, Citrus Oil, Citrus Peel, Citrus Pulp, Citrus Juice, Citrus Sugar, Citrus Water, Citrus Wax, Citrus Peel, Citrus Pulp, Citrus Juice, Citrus Sugar, Citrus Water, Citrus Wax.



# Confidence

Nutritional Support for Bariatric Surgery


**25G 100% WHEY ISOLATE**

30% Daily Value • Nutrient Dense • Highly Digestible • Gluten Free

**1G Fat**

**5G Fiber**

**29 Servings**



NET WT. 8.46 oz (239.1g) Dietary Supplement

**Pre & Post Bariatric Surgery Weight Management Success**

Before having bariatric surgery, your physician will tell you it's vital to reduce any excess fat around the liver and stomach because it helps minimize post-surgical bleeding and reduces the size of the liver allowing for easier access to your stomach.

A typical liquid pre-op diet consists of 800 to 1,200 calories per day. Consuming a delicious, highly-digestible nutrient-dense whey protein shake which is high in protein, fortified with fiber, and low in carbohydrates & fat is a perfect way of ensuring success to reduce fat levels in surgical areas.

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# Confidence

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# Confidence

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**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Amount Per Scoop  
Calories 140

Total Fat	1.5g	3%
Total Protein	25g	50%
Total Fiber	5g	10%
Total Sugar	12g	24%
Total Fat	1.5g	3%
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Total Sugar	12g	24%

**INGREDIENTS:** Whey Protein Isolate, Cocoa Beans, Cocoa Butter, Cocoa Powder, Natural Flavors with other Natural Flavors, Cellulose, Sucralose and Carrageenan Gum, Sucralose Salt.



# Confidence

Nutritional Support for Bariatric Surgery

**25G 100% WHEY ISOLATE**  
80% Daily Value • Nutrient Dense • Highly Digestible • Gluten Free

**1.5G Fat**  
**5G Fiber**  
**32 Servings**



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Trans Fat	0g
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Total Carbohydrate	15g
Dietary Fiber	5g
Sugars	10g
Protein	25g

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**25G 100% WHEY ISOLATE**  
1G Fat  
5G Fiber  
12 Servings

**Pre & Post Bariatric Surgery Weight Management Success**  
Enjoy having bariatric surgery, your physician will help you to reduce the amount of food you eat and drink because it helps improve your energy, mood, and reduces the size of the liver allowing for easier access to your stomach.

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1G Fat  
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33 Servings

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**EARTH SUPERIOR WHEY**  
Banana Cream Pie

**21G WHEY PROTEIN 110 CALORIES 1.5G FAT**  
A heavenly blend of banana & velvety smooth vanilla.

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
This formula is a breakfast to the protein world. It's a delicious, highly digestible protein shake which is high in protein, fortified with fiber, and low in carbohydrates & fat is a perfect way of ensuring success to reduce fat levels in surgical areas.

**WHY BEYOND THE SHAKES?**  
Banana Cream Pie Protein Balls  
1 Scoop (30g) Protein  
1.5g Fat  
1.5g Sugar  
1.5g Fiber  
1.5g Protein  
1.5g Carbohydrate  
1.5g Fat  
1.5g Sugar  
1.5g Fiber  
1.5g Protein  
1.5g Carbohydrate

**Nutrition Facts**  
Serving Size 1 Scoop (30g)  
Amount Per Scoop  
Calories 100

Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	15g
Dietary Fiber	5g
Sugars	10g
Protein	25g

**INGREDIENTS:** Whey Protein Isolate, Gelatin, Natural Flavors, Natural Sweeteners, Natural Fruit Flavors, Natural Colors, Natural Preservatives, Natural Stabilizers, Natural Emulsifiers, Natural Acids, Natural Buffers, Natural Salts, Natural Minerals, Natural Vitamins, Natural Enzymes, Natural Amino Acids, Natural Biotin, Natural Inulin, Natural Lecithin, Natural Glycerol, Natural Stearic Acid, Natural Sorbitol, Natural Mannitol, Natural Xylitol, Natural Erythritol, Natural Sucralose, Natural Acesulfame Potassium, Natural Neotame, Natural Saccharin, Natural Steviol Glycosides, Natural Monk Fruit Extract, Natural Licorice Root Extract, Natural Licorice Root Oil, Natural Licorice Root Powder, Natural Licorice Root Bark, Natural Licorice Root Leaves, Natural Licorice Root Stems, Natural Licorice Root Roots, Natural Licorice Root Flowers, Natural Licorice Root Fruits, Natural Licorice Root Seeds.

**GROWTEIN GROWTH PROTEIN**  
CHOCOLATE

**31G | 180 | 2.5G**  
WHEY PROTEIN | CALORIES | FAT

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
This formula will encourage muscle mass gain and recovery. Consuming a serving within 20-30 minutes of finishing your workout, when nutrient absorption ability is at its highest.

**WHY BEYOND THE SHAKES!**  
Chocolates Peanut Butter Protein Balls  
1 Scoop (30g) Protein  
1.5g Fat  
1.5g Sugar  
1.5g Fiber  
1.5g Protein  
1.5g Carbohydrate



**Nutrition Facts**


Serving Size 1 Scoop (30g)	
Amount Per Serving	
Total Fat	12g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	0mg
Sodium	120mg
Total Carb	37g
Dietary Fiber	2g
Sugars	12g
Protein	33g

**AMPLIFY MUSCULAR GAINS**  
GROWTEIN™ is designed to provide enhanced muscle gains and enhanced recovery. Only the Premium High Protein Whey Protein isolate (90% protein) and Whey Protein Concentrate (80% protein) are used in our formula. Our most important ingredient is our patented protein isolate, which is made from a single source of whey protein. With superior taste and mixability, GROWTEIN™ keeps your muscles in the best state.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN PUFF White Chocolate  
• EPN Oatmeal  
**ENDURANCE**  
• EPN Puffin' Pull  
• EPN Oatmeal  
**HEALTH & WELLNESS**  
• Maltodextrin Powder  
• Ultra Greens  
**SLEEP & RECOVERY**  
• EPN Berry Quilt  
• EPN Recovery Fuel

**OTHER INGREDIENTS:** Why protein isolate, Whey protein isolate, Coconut Monoglyceride, Citrus Acid, Natural and Artificial Flavors, Cellulose, Xanthan and Carrageenan Gum, Malic Acid, Lecithin, Sunflower Oil, Lecithin, Sucralose, Salt.

**MANUFACTURED BY NIS:** Nutritional Resource Services, Inc. DISTRIBUTED BY JBN. Just Be Natural.



# GROWTEIN™

## GROWTH PROTEIN

EPN ENHANCED PERFORMANCE NUTRITION™

33G | 200 | 2G

WHEY PROTEIN | CALORIES | FAT

OATMEAL COOKIE

NET WT. 90g (3.17oz) (2800g) DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
This formula will encourage muscle mass gains and recovery. Consume a serving within 30-60 minutes of finishing your workout, when maximum absorption ability is at its highest.

**WHY BEYOND THE SHAKE!**  
**Protein Power Pancakes**  
1/2 cup GrowTEIN™ Growth Protein  
1 egg white  
1/4 cup oil (or butter) and  
3 TB cooking oil  
2 TB baking powder  
1 cup berry jam  
Beat all ingredients together and stir by quarter cup portions until a batter forms. Cook and enjoy. Add oil to top that has been well oiled with oil.

**Nutrition Facts**

Serving Size 1 Scoop (30g)	
Amount Per Serving	
Total Fat	12g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	0mg
Sodium	120mg
Total Carb	37g
Dietary Fiber	2g
Sugars	12g
Protein	31g

**AMPLIFY MUSCULAR GAINS**  
GROWTEIN™ is designed to provide enhanced muscle gains and enhanced recovery. Only the Premium High Protein Whey Protein isolate (90% protein) and Whey Protein Concentrate (80% protein) are used in our formula. Our most important ingredient is our patented protein isolate, which is made from a single source of whey protein. With superior taste and mixability, GROWTEIN™ keeps your muscles in the best state.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN PUFF White Chocolate  
• EPN Oatmeal  
**ENDURANCE**  
• EPN Puffin' Pull  
• EPN Oatmeal  
**HEALTH & WELLNESS**  
• Maltodextrin Powder  
• Ultra Greens  
**SLEEP & RECOVERY**  
• EPN Berry Quilt  
• EPN Recovery Fuel

**OTHER INGREDIENTS:** Why protein isolate, Whey protein isolate, Coconut Monoglyceride, Citrus Acid, Natural and Artificial Flavors, Cellulose, Xanthan and Carrageenan Gum, Malic Acid, Lecithin, Sunflower Oil, Lecithin, Sucralose, Salt.

**MANUFACTURED BY NIS:** Nutritional Resource Services, Inc. DISTRIBUTED BY JBN. Just Be Natural.



# GROWTEIN™

## GROWTH PROTEIN

EPN ENHANCED PERFORMANCE NUTRITION™

31G | 200 | 2G

WHEY PROTEIN | CALORIES | FAT

VANILLA CREAM

NET WT. 90g (3.17oz) (2800g) DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
This formula will encourage muscle mass gains and recovery. Consume a serving within 30-60 minutes of finishing your workout, when maximum absorption ability is at its highest.

**WHY BEYOND THE SHAKE!**  
**Easy Protein Waffles**  
1/2 cup GrowTEIN™ Growth Protein  
1 egg white  
1/4 cup oil (or butter) and  
3 TB cooking oil  
2 TB baking powder  
1 cup berry jam  
Beat all ingredients together and stir by quarter cup portions until a batter forms. Cook and enjoy. Add oil to top that has been well oiled with oil.

**Nutrition Facts**

Serving Size 1 Scoop (30g)	
Amount Per Serving	
Total Fat	12g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	0mg
Sodium	120mg
Total Carb	37g
Dietary Fiber	2g
Sugars	12g
Protein	18g

**AMPLIFY MUSCULAR GAINS**  
GROWTEIN™ is designed to provide enhanced muscle gains and enhanced recovery. Only the Premium High Protein Whey Protein isolate (90% protein) and Whey Protein Concentrate (80% protein) are used in our formula. Our most important ingredient is our patented protein isolate, which is made from a single source of whey protein. With superior taste and mixability, GROWTEIN™ keeps your muscles in the best state.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN PUFF White Chocolate  
• EPN Oatmeal  
**ENDURANCE**  
• EPN Puffin' Pull  
• EPN Oatmeal  
**HEALTH & WELLNESS**  
• Maltodextrin Powder  
• Ultra Greens  
**SLEEP & RECOVERY**  
• EPN Berry Quilt  
• EPN Recovery Fuel

**OTHER INGREDIENTS:** Why protein isolate, Coconut Monoglyceride, Citrus Acid, Natural and Artificial Flavors, Cellulose, Xanthan and Carrageenan Gum, Malic Acid, Lecithin, Sunflower Oil, Lecithin, Sucralose, Salt.

**MANUFACTURED BY NIS:** Nutritional Resource Services, Inc. DISTRIBUTED BY JBN. Just Be Natural.



# RECOVERY

## FUEL

EPN ENHANCED PERFORMANCE NUTRITION™

WITH BIOENERGY RIBOSE™ & NATURAL BETAINE

18G | 140 | 1G

WHEY ISOLATE | CALORIES | FAT

CHOCOLATE

NET WT. 90g (3.17oz) (2800g) DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
Our formula is made up of 20 minutes of finishing your workout, when maximum absorption ability is at its highest. Consume a serving within 30-60 minutes of finishing your workout, when maximum absorption ability is at its highest.

**WHY BEYOND THE SHAKE!**  
**NATURAL BETAINE**  
Add 1 scoop to 10-15 oz of ice cold water and mix until completely blended. For a delicious milkshake, use low fat dairy or almond milk and ice cubes. Also, try adding a scoop to your favorite healthy recipe to increase the protein content.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN Oatmeal  
• EPN Puffin' Pull  
**ENDURANCE**  
• EPN Puffin' Pull  
• EPN Oatmeal  
**SLEEP & RECOVERY**  
• EPN Berry Quilt  
• EPN Recovery Fuel



Nutrition Facts	
Per Serving (1 Scoop)	
Serving Size 30g	
Amount Per Serving	
Calories	176
% Daily Value*	
Total Fat	0.5g
Saturated Fat	0.1g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	16g
Dietary Fiber	0g
Sugars	0g
Protein	17g
*Percent Daily Values are based on a diet of other people's dreams.	

**INGREDIENTS:** Whey protein isolate, Natural and Artificial Flavors, Citric Acid, Tocopherol (Mixed Tocopherols), Dextrose, Hydrolyzed Whey Protein Isolate, Dextrin, Citric Acid, Sucralose.



# RECOVERY FUEL

EPA ENHANCED PERFORMANCE NUTRITION™  
WITH BIOENERGY RIBOSE® & NATURAL BETAINE

17G | 160 | 0.5G

WHEY ISOLATE | CALORIES | FAT

CREAMSICLE

NATURAL & ARTIFICIAL FLAVORS

NET WT 444g (15.7oz) 100% DIETARY SUPPLEMENT

**SUPERIOR RECOVERY**

With a perfect mix of fast-digesting carbohydrates and pure whey isolate protein, EPA Recovery Fuel provides you with rapid muscle repair. Natural BioEnergy and BioenerGy Ribose® are added to boost natural lactate throughout the body to maintain peak performance. BCAAs and L-Glutamine enhance muscle repair and protect from muscle damage. Experience the best recovery today and bounce back stronger tomorrow.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our formula time is within 20 minutes of finishing your workout, which hydrates, electrolytes, and provides you with the best recovery today and bounce back stronger tomorrow.

**RECOMMENDED BY ENDORSED & ENDORSED**

**RIBOSE**

- Boosts energy
- Supports muscle recovery
- Supports energy
- Supports energy
- Supports energy

**NATURAL BETAINE**


- Muscle strength and power (see 2013)
- Muscle recovery (see 2013)
- Supports energy
- Supports energy
- Supports energy

**SUGGESTED STACKS**

- MUSCLE & STRENGTH:** EPA Creatine Monohydrate + EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine
- ENDURANCE:** EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine
- SLEEP & RECOVERY:** EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine

Nutrition Facts	
Per Serving (1 Scoop)	
Serving Size 30g	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat	0.5g
Saturated Fat	0.1g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	16g
Dietary Fiber	0g
Sugars	0g
Protein	16g
*Percent Daily Values are based on a diet of other people's dreams.	

**INGREDIENTS:** Whey protein isolate, Natural and Artificial Flavors, Citric Acid, Tocopherol (Mixed Tocopherols), Dextrose, Hydrolyzed Whey Protein Isolate, Dextrin, Citric Acid, Sucralose.



# WHEY SUPERIOR™

EPA ENHANCED PERFORMANCE NUTRITION™  
WITH BIOENERGY RIBOSE® & NATURAL BETAINE

17G | 160 | 0.5G

WHEY ISOLATE | CALORIES | FAT

CREAMSICLE

NATURAL & ARTIFICIAL FLAVORS

NET WT 444g (15.7oz) 100% DIETARY SUPPLEMENT

**WE ARE SUPERIOR**

Whey Superior™ is a fast-digesting whey protein isolate that provides you with the best recovery today and bounce back stronger tomorrow. It is a fast-digesting whey protein isolate that provides you with the best recovery today and bounce back stronger tomorrow.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our formula time is within 20 minutes of finishing your workout, which hydrates, electrolytes, and provides you with the best recovery today and bounce back stronger tomorrow.

**RECOMMENDED BY ENDORSED & ENDORSED**

**RIBOSE**

- Boosts energy
- Supports muscle recovery
- Supports energy
- Supports energy
- Supports energy

**NATURAL BETAINE**


- Muscle strength and power (see 2013)
- Muscle recovery (see 2013)
- Supports energy
- Supports energy
- Supports energy

**SUGGESTED STACKS**

- MUSCLE & STRENGTH:** EPA Creatine Monohydrate + EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine
- ENDURANCE:** EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine
- SLEEP & RECOVERY:** EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine

Nutrition Facts	
Per Serving (1 Scoop)	
Serving Size 30g	
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat	0.5g
Saturated Fat	0.1g
Trans Fat	0g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	16g
Dietary Fiber	0g
Sugars	0g
Protein	12g
*Percent Daily Values are based on a diet of other people's dreams.	

**INGREDIENTS:** Whey protein isolate, Natural and Artificial Flavors, Citric Acid, Tocopherol (Mixed Tocopherols), Dextrose, Hydrolyzed Whey Protein Isolate, Dextrin, Citric Acid, Sucralose.



# WHEY SUPERIOR™

EPA ENHANCED PERFORMANCE NUTRITION™  
WITH BIOENERGY RIBOSE® & NATURAL BETAINE

17G | 160 | 0.5G

WHEY ISOLATE | CALORIES | FAT

CREAMSICLE

NATURAL & ARTIFICIAL FLAVORS

NET WT 444g (15.7oz) 100% DIETARY SUPPLEMENT

**WE ARE SUPERIOR**

Whey Superior™ is a fast-digesting whey protein isolate that provides you with the best recovery today and bounce back stronger tomorrow. It is a fast-digesting whey protein isolate that provides you with the best recovery today and bounce back stronger tomorrow.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our formula time is within 20 minutes of finishing your workout, which hydrates, electrolytes, and provides you with the best recovery today and bounce back stronger tomorrow.

**RECOMMENDED BY ENDORSED & ENDORSED**

**RIBOSE**

- Boosts energy
- Supports muscle recovery
- Supports energy
- Supports energy
- Supports energy

**NATURAL BETAINE**

- Muscle strength and power (see 2013)
- Muscle recovery (see 2013)
- Supports energy
- Supports energy
- Supports energy

**SUGGESTED STACKS**

- MUSCLE & STRENGTH:** EPA Creatine Monohydrate + EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine
- ENDURANCE:** EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine
- SLEEP & RECOVERY:** EPA Beta-Alanine + EPA L-Alanine + EPA L-Glutamine





# WHEY SUPERIOR™

Chocolate

**200 WHEY PROTEIN 90 CALORIES 1.5G FAT**  
The naturally rich taste of premium Dutch cocoa

NET WT 30.9 g (1.1 oz) (30g) (SERVING 30g)

**Nutrition Facts**  
Serving Size 30g (1.07 oz)  
Amount Per Serving  
Calories 90

Total Fat	1.5g
Total Protein	20g
Total Carbohydrate	5g
Total Sugar	0g
Total Fiber	0g
Total Fat	1.5g
Total Protein	20g
Total Carbohydrate	5g
Total Sugar	0g
Total Fiber	0g

**WE ARE SUPERIOR**  
WHEY SUPERIOR™ is manufactured using the finest whey protein blend of ultra-pasteurized protein. It delivers maximum essential amino acids and carbohydrates for growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a proprietary approach to our delicious taste technology and naturally enhanced stability.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN Active Protein  
• EPN BCAA

**ENDURANCE & ENERGY**  
• EPN UltraVital Protein  
• Get STRONG™ Body Fuel


**HEALTH & WELLNESS**  
• EPN OmegaOne  
• Multivitamin Protein  
• EPN Active Carb  
• EPN Omega Protein

**RECOVER & REPAIR**  
• EPN Active Carb  
• EPN Omega Protein

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
Our favorite time is at breakfast, as this protein contributes to feeling fuller longer and reduces cravings. It also does what you need to maximize your workout for lean muscle growth and repair.

**ADD 1 scoop to 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, add one full scoop of premium milk and one scoop. Shake by adding a scoop to your favorite healthy recipe to increase the protein content.**

**WHEY BEYOND THE SHAKE!**  
*Chocolate Protein Smoothie*  
• 1 scoop Whey Superior™ Chocolate  
• 2 scoops protein powder  
• 1-2 TBSP banana  
• 2 TBSP granulated sugar  
• 1 TBSP milk  
• 4 TBSP frozen berries



# WHEY SUPERIOR™

Chocolate Mocha

**200 WHEY PROTEIN 110 CALORIES 2G FAT**  
An indulgent blend of premium Dutch cocoa and real espresso coffee

NET WT 33.8 g (1.2 oz) (30g) (SERVING 30g)

**Nutrition Facts**  
Serving Size 30g (1.07 oz)  
Amount Per Serving  
Calories 110

Total Fat	2g
Total Protein	20g
Total Carbohydrate	5g
Total Sugar	0g
Total Fiber	0g
Total Fat	2g
Total Protein	20g
Total Carbohydrate	5g
Total Sugar	0g
Total Fiber	0g

**WE ARE SUPERIOR**  
WHEY SUPERIOR™ is manufactured using the finest whey protein blend of ultra-pasteurized protein. It delivers maximum essential amino acids and carbohydrates for growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a proprietary approach to our high-quality ingredients. We take pride in our delicious taste technology and naturally enhanced stability.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN Active Protein  
• EPN BCAA

**ENDURANCE & ENERGY**  
• EPN UltraVital Protein  
• Get STRONG™ Body Fuel


**HEALTH & WELLNESS**  
• EPN OmegaOne  
• Multivitamin Protein  
• EPN Active Carb  
• EPN Omega Protein

**RECOVER & REPAIR**  
• EPN Active Carb  
• EPN Omega Protein

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
Our favorite time is at breakfast, as this protein contributes to feeling fuller longer and reduces cravings. It also does what you need to maximize your workout for lean muscle growth and repair.

**ADD 1 scoop to 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, add one full scoop of premium milk and one scoop. Shake by adding a scoop to your favorite healthy recipe to increase the protein content.**

**WHEY BEYOND THE SHAKE!**  
*Mocha Protein Breakfast*  
• 2 scoops Whey Superior™ Chocolate Mocha  
• 1 scoop protein powder  
• 1 TBSP banana  
• 1 TBSP granulated sugar  
• 1 TBSP milk  
• 1 TBSP espresso powder  
• 1 TBSP milk



# WHEY SUPERIOR™

Chocolate Truffle

**200 WHEY PROTEIN 100 CALORIES 1.5G FAT**  
The decadent, creamy taste of rich chocolate truffle

NET WT 30.9 g (1.1 oz) (30g) (SERVING 30g)

**Nutrition Facts**  
Serving Size 30g (1.07 oz)  
Amount Per Serving  
Calories 100

Total Fat	1.5g
Total Protein	20g
Total Carbohydrate	5g
Total Sugar	0g
Total Fiber	0g
Total Fat	1.5g
Total Protein	20g
Total Carbohydrate	5g
Total Sugar	0g
Total Fiber	0g

**WE ARE SUPERIOR**  
WHEY SUPERIOR™ is manufactured using the finest whey protein blend of ultra-pasteurized protein. It delivers maximum essential amino acids and carbohydrates for growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a proprietary approach to our high-quality ingredients. We take pride in our delicious taste technology and naturally enhanced stability.

**SUGGESTED STACKS**  
**MUSCLE & STRENGTH**  
• EPN Active Protein  
• EPN BCAA

**ENDURANCE & ENERGY**  
• EPN UltraVital Protein  
• Get STRONG™ Body Fuel

**HEALTH & WELLNESS**  
• EPN OmegaOne  
• Multivitamin Protein  
• EPN Active Carb  
• EPN Omega Protein

**RECOVER & REPAIR**  
• EPN Active Carb  
• EPN Omega Protein

**ENJOY ANYTIME OF THE DAY OR NIGHT**  
Our favorite time is at breakfast, as this protein contributes to feeling fuller longer and reduces cravings. It also does what you need to maximize your workout for lean muscle growth and repair.

**ADD 1 scoop to 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, add one full scoop of premium milk and one scoop. Shake by adding a scoop to your favorite healthy recipe to increase the protein content.**

**WHEY BEYOND THE SHAKE!**  
*Salted Dark Chocolate Mousse*  
• 1 scoop Whey Superior™ Chocolate Truffle  
• 1 TBSP protein powder  
• 1 TBSP granulated sugar  
• 1 TBSP milk  
• 1 TBSP milk  
• 1 TBSP milk



**Nutrition Facts**

Serving Size 1 Scoop (31g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
Total Fat 2g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 10mg	
Potassium 140mg	
Total Carbohydrate 7g	
Dietary Fiber 1g	
Sugars 4g	
Protein 20g	
Vitamin A 10%	
Vitamin C 10%	
Calcium 10%	
Iron 10%	

**INGREDIENTS:** Whey protein concentrate, Whey protein isolate, Natural Flavors with Natural Flavors, Guar Gum, Carrageenan, Cellulose, Natural and Carmelized Quins, Malic Acid, Salt, Sucralose.

**CONTAINS MILK AND OTHER DAIRY PRODUCTS**

**WE ARE SUPERIOR**

WHEY SUPERIOR is formulated using the finest ingredients from all dairy ingredients to provide a protein of our advanced formulation. It is a blend of whey protein concentrate and whey protein isolate. It is a blend of whey protein concentrate and whey protein isolate. It is a blend of whey protein concentrate and whey protein isolate.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**ENDURANCE & ENERGY**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**HEALTH & WELLNESS**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**SLEEP & RECOVERY**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**JBN**  
JBL Nutrition

# WHEY SUPERIOR™

*French Vanilla Cream*

20G WHEY PROTEIN 120 CALORIES 2G FAT

The rich, creamy delight of classic vanilla flavor.

NET WT 3.0 LBS (1.36 KG) - DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is at breakfast, as this protein contributes to feeling fuller longer and reduces cravings. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, blend with 1/2 cup of almond milk and ice cubes. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHEY BEYOND THE SHAKE!**

*Multitasking Stars*

Whey Superior French Vanilla Cream is very versatile:

- Blend it in a shake with your choice of protein-rich berries, greens and/or nut butter.
- Mix it with JBL Cream Protein for the benefits of both fast and slow burning proteins.
- Combine it with our JBL™ Body Fuel as an amazing pre-workout formula.
- Add it to your post-workout meal as a protein, carbs, vitamins and more.

We're always looking for healthy protein recipes! Email yours to [recipes@jblnutrition.com](mailto:recipes@jblnutrition.com) to be featured in our blog and receive the product.

[recipesforhealth.com](http://recipesforhealth.com)

[f](#) [t](#) [i](#) [y](#)

**Nutrition Facts**

Serving Size 1 Scoop (31g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
Total Fat 2g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 10mg	
Potassium 140mg	
Total Carbohydrate 7g	
Dietary Fiber 1g	
Sugars 4g	
Protein 20g	
Vitamin A 10%	
Vitamin C 10%	
Calcium 10%	
Iron 10%	

**INGREDIENTS:** Whey protein concentrate, Whey protein isolate, Natural Flavors with Natural Flavors, Guar Gum, Carrageenan, Cellulose, Natural and Carmelized Quins, Malic Acid, Salt, Sucralose.

**CONTAINS MILK AND OTHER DAIRY PRODUCTS**

**WE ARE SUPERIOR**

WHEY SUPERIOR is formulated using the finest ingredients from all dairy ingredients to provide a protein of our advanced formulation. It is a blend of whey protein concentrate and whey protein isolate. It is a blend of whey protein concentrate and whey protein isolate.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**ENDURANCE & ENERGY**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**HEALTH & WELLNESS**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**SLEEP & RECOVERY**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**JBN**  
JBL Nutrition

# WHEY SUPERIOR™

*French Vanilla Cream*

20G WHEY PROTEIN 120 CALORIES 2G FAT

The rich, creamy delight of classic vanilla flavor.

NET WT 3.0 LBS (1.36 KG) - DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is at breakfast, as this protein contributes to feeling fuller longer and reduces cravings. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, blend with 1/2 cup of almond milk and ice cubes. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**A MULTITALENTED FLAVOR**

Whey Superior French Vanilla Cream is very versatile:

- Blend it as a meal replacement with your choice of protein-rich berries, greens and/or nut butter.
- Mix it with JBL Cream Protein for the benefits of both fast and slow burning proteins.
- Combine it with our JBL™ Body Fuel as an amazing pre-workout formula.
- Add it to your post-workout meal as a protein, carbs, vitamins and more.

We're always looking for healthy protein recipes! Email yours to [recipes@jblnutrition.com](mailto:recipes@jblnutrition.com) to be featured in our blog and receive the product.

[recipesforhealth.com](http://recipesforhealth.com)

[f](#) [t](#) [i](#) [y](#)

**Nutrition Facts**

Serving Size 1 Scoop (31g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
Total Fat 2g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 10mg	
Potassium 140mg	
Total Carbohydrate 7g	
Dietary Fiber 1g	
Sugars 4g	
Protein 20g	
Vitamin A 10%	
Vitamin C 10%	
Calcium 10%	
Iron 10%	

**INGREDIENTS:** Whey protein concentrate, Whey protein isolate, Natural and Artificial Flavors, Malic Acid, Guar Gum, Carrageenan, Cellulose, Natural and Carmelized Quins, Salt, Sucralose.

**CONTAINS MILK AND OTHER DAIRY PRODUCTS**

**WE ARE SUPERIOR**

WHEY SUPERIOR is formulated using the finest ingredients from all dairy ingredients to provide a protein of our advanced formulation. It is a blend of whey protein concentrate and whey protein isolate. It is a blend of whey protein concentrate and whey protein isolate.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**ENDURANCE & ENERGY**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**HEALTH & WELLNESS**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**SLEEP & RECOVERY**

- 1 Scoop Whey Superior
- 1 Scoop JBL Body Fuel

**JBN**  
JBL Nutrition

# WHEY SUPERIOR™

*Oatmeal Cookie*

20G WHEY PROTEIN 110 CALORIES 2G FAT

The classic taste of freshly-baked goodness.

NET WT 3.0 LBS (1.36 KG) - DIETARY SUPPLEMENT

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is at breakfast, as this protein contributes to feeling fuller longer and reduces cravings. It is also ideal within 30 minutes of finishing your workout for lean muscle growth and repair.

Add 1 scoop to 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, blend with 1/2 cup of almond milk and ice cubes. Also try adding a scoop to your favorite healthy recipe to increase the protein content.

**WHEY BEYOND THE SHAKE!**

*Cookie Dough Delight*

Whey Superior French Vanilla Cream is very versatile:

- Blend it as a meal replacement with your choice of protein-rich berries, greens and/or nut butter.
- Mix it with JBL Cream Protein for the benefits of both fast and slow burning proteins.
- Combine it with our JBL™ Body Fuel as an amazing pre-workout formula.
- Add it to your post-workout meal as a protein, carbs, vitamins and more.

We're always looking for healthy protein recipes! Email yours to [recipes@jblnutrition.com](mailto:recipes@jblnutrition.com) to be featured in our blog and receive the product.

[recipesforhealth.com](http://recipesforhealth.com)


[f](#) [t](#) [i](#) [y](#)



**Nutrition Facts**

Per Serving (1 Scoop)		% Daily Value*
Total Fat	1g	2%
Total Carbohydrate	1g	2%
Total Protein	20g	40%
Total Sugar	1g	2%
Total Fat	1g	2%
Total Carbohydrate	1g	2%
Total Protein	20g	40%
Total Sugar	1g	2%

\*Percent Daily Values are based on a diet of other people's misdeeds.



# WHEY SUPERIOR™

## Red Velvet Deluxe

NET WT 2.15 LBS (974g) - 20g SERVINGS

20G WHEY PROTEIN 120 CALORIES 2G FAT

An irresistible mix of Dutch cocoa, sweet buttermilk and vanilla.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is at breakfast, so this protein contributes to feeling fuller longer and reduces cravings. It is also ideal when 20 minutes of finishing your workout for lean muscle growth and repair.

**ADD 1 SCOOP TO 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, blend with 1/2 cup of cold milk and ice cubes. Start by adding a scoop to your favorite healthy recipe to increase the protein content.**

**WHEY BEYOND THE SHAKE!**

*Red Velvet Protein*

- 1 scoop (20g) Super™ Protein Shake
- 1/2 cup cold milk
- 1-2 scoops fruit
- 1 tsp honey or sugar
- 1 tsp vanilla
- 2 scoops vanilla Greek yogurt
- 8-10 unseasoned whole wheat oats

Blend in a food processor, your favorite mixer or a blender. Mix all ingredients together until smooth.

Blend a yogurt or large smoothie per your preference. Drop protein powder into yogurt and mix until the top starts to bubble. Pour the rest of the mix to eat. You'll love the great taste and great protein!

[Recipe for More! Visit JBN.com](#)

**WE ARE SUPERIOR**

WHEY SUPERIOR™ is manufactured using the finest ingredients and our advanced blending process. A result of our advanced blending process, it ensures maximum protein fast and contributes to the growth & maintenance of lean muscle mass. Experience maximum nutrient absorption with a proprietary approach to our high-quality ingredients. We take pride in our advanced taste technology and healthy ingredient mix.

**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA

**ENDURANCE & ENERGY**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA
- 10g Caffeine

**HEALTH & WELLNESS**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA
- 10g Omega-3

**SLEEP & RECOVERY**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA


**INGREDIENTS:** Whey protein concentrate, Natural Flavor, Sweet Buttermilk Powder, Whey protein isolate, Skimmed Milk Powder, Maltodextrin, Cellulose, Gum Arabic, Carrageenan, Guar Gum, Cocoa Powder, Salt, Sucralose.

**MANUFACTURED BY:** JBN, Nutrition Research Services, Inc. DISTRIBUTED BY: JBN, Inc. In The USA.

**Nutrition Facts**

Per Serving (1 Scoop)		% Daily Value*
Total Fat	1g	2%
Total Carbohydrate	1g	2%
Total Protein	20g	40%
Total Sugar	1g	2%
Total Fat	1g	2%
Total Carbohydrate	1g	2%
Total Protein	20g	40%
Total Sugar	1g	2%

\*Percent Daily Values are based on a diet of other people's misdeeds.



# WHEY SUPERIOR™

## Strawberries & Cream

NET WT 2.15 LBS (974g) - 20g SERVINGS

20G WHEY PROTEIN 110 CALORIES 2G FAT

The smooth, refreshing taste of sweet strawberries.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is at breakfast, so this protein contributes to feeling fuller longer and reduces cravings. It is also ideal when 20 minutes of finishing your workout for lean muscle growth and repair.

**ADD 1 SCOOP TO 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, blend with 1/2 cup of cold milk and ice cubes. Start by adding a scoop to your favorite healthy recipe to increase the protein content.**

**WHEY BEYOND THE SHAKE!**

*Strawberries & Cream*

- 1 scoop (20g) Super™ Protein Shake & Cream
- 1/2 cup cold milk
- 1-2 scoops fruit
- 1 tsp honey or sugar
- 1 tsp vanilla
- 2 scoops vanilla Greek yogurt
- 8-10 unseasoned whole wheat oats

Blend in a food processor, your favorite mixer or a blender. Mix all ingredients together until smooth.

Blend a yogurt or large smoothie per your preference. Drop protein powder into yogurt and mix until the top starts to bubble. Pour the rest of the mix to eat. You'll love the great taste and great protein!

[Recipe for More! Visit JBN.com](#)

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**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA

**ENDURANCE & ENERGY**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA
- 10g Caffeine

**HEALTH & WELLNESS**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA
- 10g Omega-3

**SLEEP & RECOVERY**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA


**INGREDIENTS:** Whey protein concentrate, Natural and Artificial Flavor, Maltodextrin, Cellulose, Gum Arabic, Carrageenan, Guar Gum, Sucralose, Salt.

**MANUFACTURED BY:** JBN, Nutrition Research Services, Inc. DISTRIBUTED BY: JBN, Inc. In The USA.

**Nutrition Facts**

Per Serving (1 Scoop)		% Daily Value*
Total Fat	1g	2%
Total Carbohydrate	1g	2%
Total Protein	20g	40%
Total Sugar	1g	2%
Total Fat	1g	2%
Total Carbohydrate	1g	2%
Total Protein	20g	40%
Total Sugar	1g	2%

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# WHEY SUPERIOR™

## Unflavored

NET WT 2.15 LBS (974g) - 20g SERVINGS

20G WHEY PROTEIN 100 CALORIES 2G FAT

The perfectly light taste of whey.

**ENJOY ANYTIME OF THE DAY OR NIGHT**

Our favorite time is at breakfast, so this protein contributes to feeling fuller longer and reduces cravings. It is also ideal when 20 minutes of finishing your workout for lean muscle growth and repair.

**ADD 1 SCOOP TO 8-10 oz of cold water and mix until completely blended. For a delicious milkshake, blend with 1/2 cup of cold milk and ice cubes. Start by adding a scoop to your favorite healthy recipe to increase the protein content.**

**WHEY BEYOND THE SHAKE!**

*Low Carb English Muffin*

- 1 scoop (20g) Super™ Protein
- 1/2 cup cold milk
- 1-2 scoops fruit
- 1 tsp honey or sugar
- 1 tsp vanilla
- 2 scoops vanilla Greek yogurt
- 8-10 unseasoned whole wheat oats

Blend in a food processor, your favorite mixer or a blender. Mix all ingredients together until smooth.

Blend a yogurt or large smoothie per your preference. Drop protein powder into yogurt and mix until the top starts to bubble. Pour the rest of the mix to eat. You'll love the great taste and great protein!

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**SUGGESTED STACKS**

**MUSCLE & STRENGTH**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA

**ENDURANCE & ENERGY**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA
- 10g Caffeine

**HEALTH & WELLNESS**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA
- 10g Omega-3

**SLEEP & RECOVERY**

- 20g Whey Protein
- 10g Creatine
- 10g BCAA

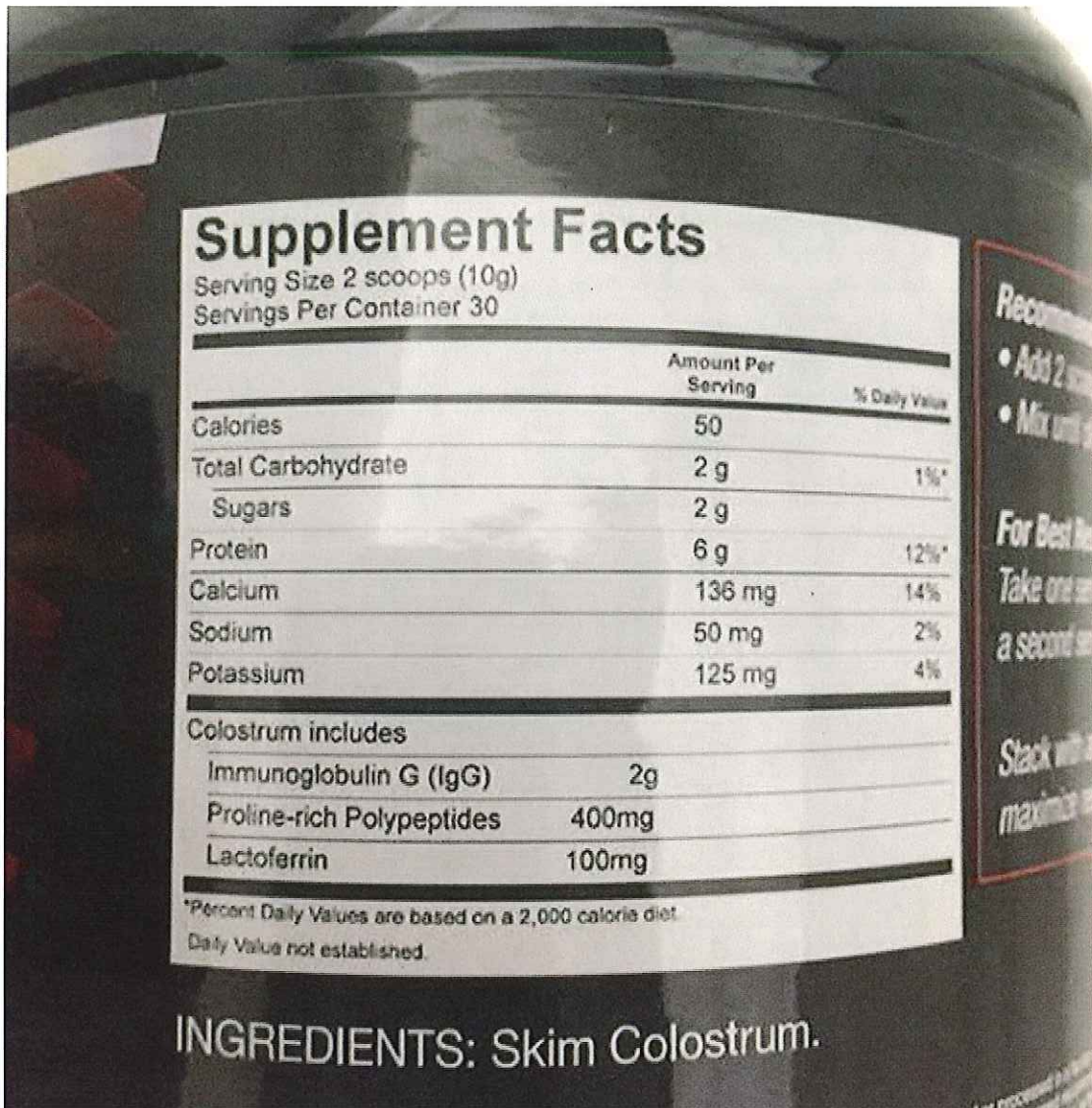
**INGREDIENTS:** Whey protein concentrate, Natural and Artificial Flavor, Maltodextrin, Cellulose, Gum Arabic, Carrageenan, Guar Gum, Sucralose, Salt.

**MANUFACTURED BY:** JBN, Nutrition Research Services, Inc. DISTRIBUTED BY: JBN, Inc. In The USA.









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