

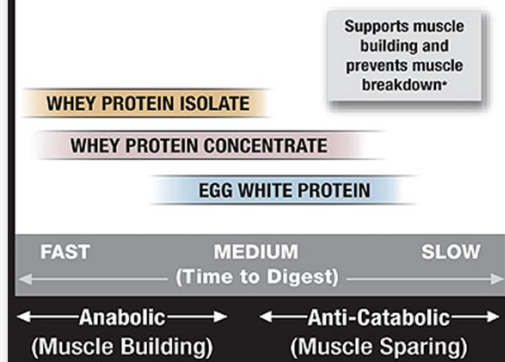


Supplement Facts

Serving Size: 1 Rounded Scoop (36 g) Servings Per Container: 58

Amount Per Serving	% Daily Value
Calories 138	
Calories from Fat 18	
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Cholesterol 48 mg	16%
Total Carbohydrates 5 g	2%
Sugar 1 g	†
SRX PROTEIN MATRIX 25 g	50%

Extended Release Protein Blend





BCAA PROFILE FOR 2 SCOOPS/50G PROTEIN

- 7372mg of Leucine (3-5g to stimulate muscle protein synthesis)
- 4032mg of Isoleucine
- 4234mg of Valine

Leading Protein Brand: ISOPURE 100% Whey Isolate (50G PROTEIN)

- 6864mg of Leucine
- 3024mg of Isoleucine
- 2688mg of Valine

Typical Amino Acid Profile Per Serving

L-Glutamic Acid	6952mg	L-Alanine	1728mg
L-Leucine†	3686mg	L-Tyrosine	965mg
L-Aspartic Acid	3658mg	L-Phenylalanine‡	929mg
L-Lysine‡	3492mg	L-Cysteine	752mg
L-Threonine‡	2848mg	L-Tryptophan‡	680mg
L-Valine‡	2117mg	L-Arginine	641mg
L-Proline	2066mg	L-Methionine‡	608mg
L-Isoleucine‡	2016mg	L-Glycine	512mg
L-Serine	1772mg	L-Histidine	472mg



Calculate Protein Grams Per Day

- Bodyweight/2.2 to get kg weight
- Times kg weight by:
 - 1 – Sedentary
 - 1.5 – Active
 - 2 – High Intensity/Endurance Athlete
- Divide number by 5 (meals per day)



Calculate Protein Grams Per Day

- | | |
|------------------------------|--------------------------------|
| Ex. 220 lb. Male | Ex. 160lb Female |
| 1. 220/2.2 = 100kg | 1. 160/2.2 = 73kg |
| 2. 100 x 1.5 = 150g | 2. 73 x 1.5 = 109.5g |
| 3. 150/5 = 30g avg. per meal | 3. 109.5/5 = 22g avg. per meal |

ONLY \$1.33 Per SERVING (2lb)
ONLY \$1.27 Per SERVING (4LB)



Why calculate the magic number (Protein Grams a day)?
