

- MIXES INSTANTLY
- ZERO CARBS; ZERO FAT
- PROMINA™ WHEY ISOLATE
- REFRESHING FRUIT JUICE FLAVOR
- LACTOSE & GLUTEN FREE

SUGGESTED USE:

Based on taste preference, mix 2-4 oz of water per serving (1/4 packet) of Nectar™. One full packet, providing 23 g of protein, 0 g of fat and 0 g of sugar, may be mixed with 8-16 oz of water. Consume the desired number of servings two to three times per day to satisfy your protein requirements. Remember, the best times for supplementing protein are immediately upon rising in the morning, after intense physical activity, such as weight training, and prior to sleep. Nectar™ mixes instantly with a spoon and tastes great... GUARANTEED!



Manufactured for:
SIG, Inc.
 PO Box 1715
 Cape Girardeau, MO 63702 USA
 Tel: (866) 333-SI03 (7403)
 Website: www.syntrax.com

**23 g
Protein**



NECTAR™

FRUIT JUICE FLAVORED • WHEY PROTEIN ISOLATE



ROADSIDE LEMONADE

**Net Weight:
1.0 oz (27 g)**

Nutrition Facts

Serving Size: 1/4 Packet (7g)
 Servings Per Packet: 4

Amount Per Serving		% Daily Value*	
Calories	25		
Calories from Fat	0		
Total Fat	0g	0%*	
Saturated Fat	0g	0%*	
Trans Fat	0g		
Cholesterol	0mg	0%*	
Sodium	15mg	1%*	
Potassium	40mg	1%*	
Total Carbohydrates	0g	0%*	
Dietary Fiber	0g	0%*	
Sugars	0g		
Protein	6g	12%*	
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%
Phosphorus	2%	Magnesium	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:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:

Whey protein isolate (milk)*, citric acid, natural and artificial flavors, soy lecithin, acesulfame-K, sucralose, gardenia fruit juice powder.

* Promina™ brand; ultrafiltered and undenatured; includes beta lactoglobulin, alpha lactalbumin, glycomacropeptides, immunoglobulin, b.s. albumin, protease peptone, lactoferrin, lactoperoxidase.