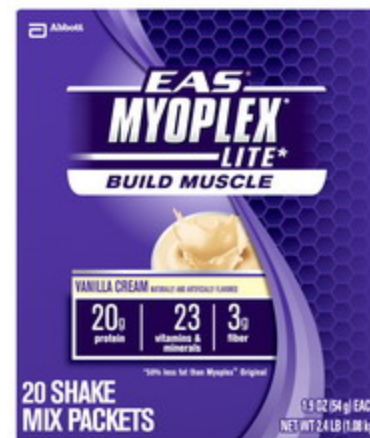


Product Information: Myoplex® Lite Powder

For more information, contact your Abbott Nutrition Representative or visit
www.abbottnutrition.com

Myoplex® Lite Powder

- For those who seek to build muscle.
- 20 g of protein with a sustained-release amino acid profile, featuring a blend of rapid and slowly digested proteins, designed to promote muscle protein synthesis.
- 23 vitamins and minerals for daily nutrition.
- An excellent source of fiber (3 g) for digestive health.
- An excellent source of eight B-vitamins for energy and protein metabolism.
- An excellent source of the antioxidant vitamins C and E, and selenium for immune support.
- A blend of protein and carbohydrates designed to help repair and refuel muscles post-workout.



Ingredients

Vanilla Cream Powder:

Corn Maltodextrin, Calcium Caseinate, Whey Protein Concentrate (Whey Protein Concentrate, Soy Lecithin), Soy Protein Isolate, Oat Fiber, Natural & Artificial Flavor, Calcium Phosphate, Vitamin & Mineral Blend (Magnesium Oxide, Ascorbic Acid, dl-Alpha-Tocopheryl Acetate, Niacinamide, Ferrous Fumarate, Zinc Oxide, Calcium Pantothenate, Manganese Gluconate, Copper Sulfate, Boron Protein, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride, Vitamin A Palmitate, Folic Acid, Biotin, Chromium Citrate, Potassium Iodide, Molybdenum Amino Acid Chelate, Selenium Amino Acid Chelate, Cyanocobalamin), Calcium Citrate, Potassium Chloride, Sodium Phosphate, Medium-Chain Triglycerides, Dairy Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Soy Lecithin), Carrageenan, Potassium Phosphate, Salt, Xanthan Gum, Acesulfame Potassium, Whey Protein Isolate, Ascorbic Acid, Sucralose, Taurine, L-Glutamine, and Beta-Carotene.

Allergens: Contains milk and soy ingredients. Manufactured in a facility that processes egg, fish and wheat ingredients.

Availability

List Number	Item
59100	EAS Myoplex Lite Powder Chocolate Cream / 54-g (1.9-oz) Packet / 4 x 20 ct
59101	EAS Myoplex Lite Powder Strawberry Cream / 54-g (1.9-oz) Packet / 4 x 20 ct
59102	EAS Myoplex Lite Powder Vanilla Cream / 54-g (1.9-oz) Packet / 4 x 20 ct

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Nutrition Information - Vanilla Cream Powder

	54 g packet	
	Value	%RDI / %DV*
Calories	180	
Calories from Fat	15	
Fat, g	1.5	2
Saturated Fat, g	0.5	3
Trans Fat, g	0	
Cholesterol, mg	15	5
Sodium, mg	330	14
Potassium, mg	500	14
Carbohydrate, g	24	8
Dietary Fiber, g	3	12
Sugars, g	1	
Protein, g	20	40
Vitamin A		50
Vitamin C		110
Calcium		50
Iron		50
Vitamin E		100
Thiamin		50
Riboflavin		50
Niacin		50
Vitamin B6		50
Folate		50
Vitamin B12		50
Biotin		50
Pantothenic Acid		50
Phosphorus		40
Iodine		50
Magnesium		50
Zinc		50
Selenium		35
Copper		50
Manganese		90
Chromium		80
Molybdenum		100
Chloride		10

Vanilla Cream Powder Footnotes & References

Per 54 g packet

*Percent Daily Values (%DV) are based on a 2,000 Calorie diet.

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Preparation

Instructions for Use

- Combine the contents of each packet with 10-12 fl oz of cold water, milk or your favorite beverage and mix for 20-30 seconds in a shaker or blender.
- Drink within 30 minutes after your workout.
- Also works as a snack or part of 5-6 smaller meals per day.
- Use with healthy diet and exercise program.

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