

Being multi-purpose is often a good thing. It means it is adaptable and has a number of different uses. Sometimes, though, you don't need a multi-purpose product - you need a targeted well-formulated product perfectly and specifically designed for your needs. You need something pure.†

For the athlete, that often means a protein supplement free from all admixture and modification. With ISO, Core addresses that need in the only way we know how: expertly and specifically, delivering a protein supplement that tastes amazing, that mixes well, and that is comprised by the highest quality protein available. Our non-GMO, cold-processed, microfiltered whey protein isolate is of utmost quality and tests pure in every important measure.†

If you're a pure athlete, you need a pure protein. You need Core ISO.†

**⚠ WARNING:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov).

**WARNING:** This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

**DIRECTIONS:** Add 1 scoop to 6-8 ounces of cold water and shake or stir until mixed.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured in a U.S. cGMP Facility.  
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(888) 978-2332.



**Crush It!**® >> Protect from heat, light and moisture.  
>> Store at 10-25°C (50-77°F)



CORE NUTRITIONALS®

ISO

ULTRA-PURE WHEY PROTEIN ISOLATE

LACTOSE FREE<sup>†</sup> | GLUTEN FREE<sup>†</sup> | SOY FREE<sup>†</sup> | NON-GMO<sup>†</sup>

RED VELVET CAKE

NATURALLY FLAVORED DIETARY SUPPLEMENT

75 SERVINGS • NET WT. 5 LBS (2265 G)



## Supplement Facts

Serving Size: 1 Scoop (30.2g)  
Servings Per Container: Approx. 75

	Amount Per Serving	% DV
<b>Calories</b>	110	
<b>Total Fat</b>	1 g	1%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	**
<b>Cholesterol</b>	13 mg	4%*
<b>Total Carbohydrate</b>	1.5 g	1%*
Dietary Fiber	0 g	0%*
Total Sugars	1 g	**
Added Sugars	0 g	0%*
<b>Protein</b>	24 g	47%*
Calcium	84 mg	6%*
Iron	1 mg	4%*
Sodium	180 mg	8%*
Potassium	166 mg	4%*

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

## Typical Amino Acid Profile

Amount Per Serving

Alanine	1165 mg
Arginine	657 mg
Aspartic Acid	2450 mg
Cysteine	487 mg
Glutamic Acid	4141 mg
Glycine	438 mg
Histidine †	415 mg
Isoleucine ‡	1331 mg
Leucine ‡	2504 mg
Lysine †	2196 mg
Methionine †	530 mg
Phenylalanine †	738 mg
Proline	1346 mg
Serine	1182 mg
Threonine †	1610 mg
Tryptophan ‡	390 mg
Tyrosine	682 mg
Valine ‡	1364 mg

† Essential Amino Acids

‡ BCAA's

‡ The L-Tryptophan indicated is from naturally occurring sources of protein.

**INGREDIENTS:** Cold-Processed Microfiltered Non-GMO Whey Protein Isolate, Dutch Cocoa Powder, Natural Flavors, Red Beet Powder (for Color), Fine Purified Sea Salt, Xanthan Gum, Sucralose.

**ALLERGEN INFORMATION:** Contains milk. Produced in a facility that uses milk, soy, peanut, tree nut, wheat, egg, fish, and shellfish ingredients.