

THE TRUE STRENGTH OF PRO COMPLEX®

Muscles are made bigger and stronger with hard training, adequate rest and amino acids from protein. To help meet the recovery needs of elite athletes and goal-driven weight lifters, we developed this stack of superior quality proteins with naturally occurring and added BCAAs and L-Glutamine. One look at the Facts Panel will tell you PRO Complex® has a lot to offer, and you'll be amazed at how effortlessly the powder mixes up into a great tasting shake.

NATURALLY OCCURRING AND ADDED AMINO ACID PROFILE

ESSENTIAL AMINO ACIDS (EAAs)	CONDITIONALLY ESSENTIAL AMINO ACIDS (CAAs)	NONESSENTIAL AMINO ACIDS (NAAs)
Tryptophan	Arginine	Aspartic Acid
Valine •	Cystine	Serine
Threonine	Tyrosine	Glycine
Isoleucine •	Histidine	Alanine
Leucine •	Proline	
Lysine	Glutamine & Glutamic Acid ■	
Phenylalanine		
Methionine		

Typical amounts per 2-scoop serving

~ 29.5 G ~ 20 G ~ 12.5 G

• 1.5g of BCAAs added ■ 500mg of Glutamine added

BEYOND THE BASICS

- 60 Grams of Quality Proteins per 2 Scoops
- 1.5 Grams of Added Micronized BCAAs & 500 mg of Added L-Glutamine per 2 Scoops
- Just 1 Gram of Sugar & 1 Gram of Fat per 2 Scoops
- 25% of the Daily Value for Calcium per 2 Scoops
- Mixes Effortlessly & Tastes Great, Shake After Shake

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V1, 195-0114US

TRUE STRENGTH™ WWW.OPTIMUMNUTRITION.COM



AUTHENTIC OPTIMUM NUTRITION PRODUCT
FURTHER INFO AT: WWW.OPTIMUMNUTRITION.COM/AUTHENTIC
1 (800) 705-5226 TRUESTRENGTH.COM

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin



PRO

COMPLEX®

ISOLATE & HYDROLYZED PROTEINS

20 SERVINGS

NET WT. 3.31 LB (1.5 KG)
PROTEIN POWDER DRINK MIX

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.



60G*
PROTEIN

15.5G**
BCAAs

10.5G**
L-GLUTAMINE

* REPRESENTS 2 SCOOP SERVING
** NATURALLY OCCURRING AND ADDED

CREAMY VANILLA
Naturally & Artificially Flavored

Nutrition Facts

	1 Scoop (37.5g)	2 Scoops (75g)
Serving Size	1 Scoop (37.5g)	2 Scoops (75g)
Servings Per Container	40	20
Amount Per Serving		
Calories	140	270
Calories from Fat	5	10
	% Daily Value*	% Daily Value*
Total Fat	0.5g	1g
Saturated Fat	0g	0.5g
Trans Fat	0g	0g
Cholesterol	15mg	30mg
Sodium	75mg	150mg
Total Carbohydrate	3g	6g
Dietary Fiber	0g	0g
Sugars	<1g	1g
Protein	30g	60g
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	10%	25%
Iron	0%	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:

	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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Egg Protein, Hydrolyzed Egg Protein, Leucine Peptides [L-Leucine, Hydrolyzed Whey Protein Isolate] as PepForm®), Natural and Artificial Flavors, Lecithin, Micronized L-Leucine, Micronized L-Glutamine, Micronized L-Isoleucine, Micronized L-Valine, Enzyme Blend (Beet Root Fiber, Amylase, Protease, Cellulase, Lactase, Lipase), Sucralose, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS MILK, SOY (LECITHIN) AND EGG INGREDIENTS.

MANUFACTURED BY OPTIMUM NUTRITION, INC.
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DIRECTIONS:

SPOON STIRRED: For each scoop of PRO Complex®, add 4-6 oz of cold water, milk or any beverage with a complementary flavor. Because the powder has been instantized, all you really need is a spoon to stir the powder into a delicious protein shake.

SHAKER CUP: Bringing a shaker cup along to the gym presents you with a quick, easy way to produce the perfect shake every time. Mix each scoop of PRO Complex® in a shaker filled with 4-6 oz of your preferred beverage, screw the cap on tight and shake for a few seconds.

ELECTRIC BLENDER: Using an electric blender, you can turn a serving of PRO Complex® into a fresh fruit smoothie and/or stack this protein shake with Creatine and other sports nutrition ingredients. **TIP:** Adding a couple of ice cubes can improve the consistency of your shake.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.

SERVING SCOOP INCLUDED, BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING