



PRO
ACTION
ENGINEERED PROTEIN MATRIX



\$18.00
2LB JAR

\$34.00
5LB JAR

PRO ACTION

ENGINEERED PROTEIN MATRIX

PRO ACTION™ [pro-ak-shuhn] noun.
Action that initiates change as opposed to reaction to events.

PRO ACTION™ is the unrivaled protein supplement for athletes that are focused on changing their bodies by forging more lean muscle, tearing away ugly fat and maintaining overall health. By increasing the amount of protein we consume combined with proper exercise, our bodies will become fat burning machines! Modern research has shown that increasing protein in your diet can help maintain lean muscle tissue and force the body to burn fat for energy. The body will always use the simplest form of energy available and while it can break down protein for energy, it is much easier for it to use stored fat instead.

PRO ACTION™ can help dieters from being sidetracked with persistent hunger. Increasing protein in your diet can also help you to feel less hungry by lowering levels of appetite-stimulating hormones. Next time you're feeling hungry, satisfy yourself with a delicious **PRO ACTION™** protein shake. By adding **PRO ACTION™** to your diet, you can achieve a healthy lifestyle. ‡

TAKE ACTION... TAKE PRO ACTION™

VANILLA BEAN

RICH & DELICIOUS
NATURALLY & ARTIFICIALLY FLAVORED

22G PROTEIN

PROTEIN
WHEY ISOLATE & CONCENTRATE BLEND

4.7G BCAA

BRANCHED CHAIN AMINO ACIDS

32 OR 80 SERVINGS

SERVINGS
PER CONTAINER

Supplement Facts

Serving Size: 1 scoop (28.35g)
Servings Per Container: 32

Amount Per Serving	%Daily Value
Calories 110	
Total Fat 1.5g	2%*
Saturated Fat 1g	5%*
Trans Fat 0g	**
Cholesterol 36mg	12%*
Sodium 62mg	3%*
Total Carbohydrate 1.5g	1%*
Dietary Fiber 0g	0%*
Total Sugars 1g	**
Protein 22g	44%*
Vitamin D 0mg	0%*
Calcium 111mg	9%*
Iron 200mcg	1%*
Potassium 105mg	2%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Percent daily value not established.

Typical Amino Acid Profile

Amount Per Serving

Alanine	1,069 mg
Arginine	593 mg
Aspartic Acid	2,248 mg
Cysteine	450 mg
Glutamic Acid	3,806 mg
Glycine	392 mg
Histadine †	381 mg
Isoleucine ‡	1,227 mg
Leucine ‡	2,312 mg
Lysine †	2,029 mg
Methionine †	490 mg
Phenylalanine	671 mg
Proline	1,240 mg
Serine	1,087 mg
Threonine †	623 mg
Tryptophan ‡	358 mg
Tyrosine	1,487 mg
Valine ‡	1,250 mg
Total	21,714 mg

† Essential Amino Acids
‡ BCAA's

‡‡ The L-Tryptophan Indicated Is from naturally occurring sources of protein.

Ingredients: Whey Protein Isolate, Whey Protein Concentrate, Natural & Artificial Flavors, Non Dairy Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), sugar, contains 2% or less of the following: Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Natural & Artificial Flavor, Annatto (for Color)), Xanthan Gum, Sucralose, Silicon Dioxide, Lecithin (Soy), Acesulfame Potassium

Contains milk and soy ingredients. Produced in a facility that also processes peanuts, tree nuts, wheat, and eggs.





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TAKE ACTION... TAKE PRO ACTION™

MILK CHOCOLATE

RICH & DELICIOUS
NATURALLY & ARTIFICIALLY FLAVORED

22G
PROTEIN

PROTEIN
WHEY ISOLATE
& CONCENTRATE BLEND

4.7G
BCAA

BRANCHED CHAIN
AMINO ACIDS

32 OR 80
SERVINGS

SERVINGS
PER CONTAINER

Supplement Facts

Serving Size: 1 scoop (28.35g)
Servings Per Container: 32

Amount Per Serving	%Daily Value
Calories 110	
Total Fat 2g	3%*
Saturated Fat 1g	5%*
Trans Fat 0g	**
Cholesterol 36mg	12%*
Sodium 60mg	3%*
Total Carbohydrate 2g	1%*
Dietary Fiber 0g	0%*
Total Sugars 1g	**
Protein 22g	44%*
Vitamin D 0mg	0%*
Calcium 112mg	9%*
Iron 800mcg	4%*
Potassium 175mg	4%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Percent daily value not established.

Typical Amino Acid Profile

Amount Per Serving

Alanine	1,063 mg
Arginine	601 mg
Aspartic Acid	2,237 mg
Cysteine	445 mg
Glutamic Acid	3,780 mg
Glycine	400 mg
Histidine †	379 mg
Isoleucine ‡	1,215 mg
Leucine ‡	2,286 mg
Lysine †	2,005 mg
Methionine †	484 mg
Phenylalanine	674 mg
Proline	1,229 mg
Serine	1,079 mg
Threonine †	624 mg
Tryptophan ‡	356 mg
Tyrosine	1,469 mg
Valine ‡	1,245 mg
Total	21,572 mg

† Essential Amino Acids

‡ BCAA's

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

Ingredients: Whey Protein Isolate, Whey Protein Concentrate, Dutch Cocoa, Natural & Artificial Flavors, Xanthan Gum, Non Dairy Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), sugar, contains 2% or less of the following: Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Natural & Artificial Flavor, Annatto (for Color), Sucralose, Silicon Dioxide, Lecithin (Soy), Acesulfame Potassium

Contains milk and soy ingredients. Produced in a facility that also processes peanuts, tree nuts, wheat, and eggs.





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TAKE ACTION... TAKE PRO ACTION™

CHOCOLATE
COVERED
STRAWBERRY

RICH & DELICIOUS
NATURALLY & ARTIFICIALLY FLAVORED

22G
PROTEIN

PROTEIN
WHEY ISOLATE
& CONCENTRATE BLEND

4.7G
BCAA

**BRANCHED CHAIN
AMINO ACIDS**

32 OR 80
SERVINGS

SERVINGS
PER CONTAINER

Supplement Facts

Serving Size: 1 scoop (28.35g)
Servings Per Container: 32

Amount Per Serving	%Daily Value
Calories 103	
Total Fat 1.5g	2%*
Saturated Fat 1g	5%*
Trans Fat 0g	**
Cholesterol 36mg	12%*
Sodium 58mg	3%*
Total Carbohydrate 1g	1%*
Dietary Fiber 0g	0%*
Total Sugars 1g	**
Protein 22g	44%*
Vitamin D 0mg	0%*
Calcium 111mg	9%*
Iron 300mcg	2%*
Potassium 117mg	2%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Percent daily value not established.

Typical Amino Acid Profile

Amount Per Serving

Alanine	1,059 mg
Arginine	590 mg
Aspartic Acid	2,227 mg
Cysteine	445 mg
Glutamic Acid	3,769 mg
Glycine	391 mg
Histidine †	377 mg
Isoleucine ‡	1,214 mg
Leucine ‡	2,287 mg
Lysine †	2,007 mg
Methionine †	485 mg
Phenylalanine	666 mg
Proline	1,227 mg
Serine	1,076 mg
Threonine †	618 mg
Tryptophan ‡	354 mg
Tyrosine	1,471 mg
Valine ‡	1,239 mg
Total	21,501 mg

† Essential Amino Acids
‡ BCAA's

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

Ingredients: Whey Protein Isolate, Whey Protein Concentrate, Natural & Artificial Flavors, Dutch Cocoa, Xanthan Gum, Sucralose, Non Dairy Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), sugar, contains 2% or less of the following: Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Natural & Artificial Flavor, Annatto (for Color), Silicon Dioxide, Lecithin (Soy), Acesulfame Potassium

Contains milk and soy ingredients. Produced in a facility that also processes peanuts, tree nuts, wheat, and eggs.





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TAKE ACTION... TAKE PRO ACTION™



RICH & DELICIOUS
NATURALLY & ARTIFICIALLY FLAVORED



PROTEIN
WHEY ISOLATE
& CONCENTRATE BLEND



**BRANCHED CHAIN
AMINO ACIDS**



SERVINGS
PER CONTAINER

Supplement Facts

Serving Size: 1 scoop (28.35g)
Servings Per Container: 32

Amount Per Serving	%Daily Value
Calories 106	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	**
Cholesterol 36mg	12%
Sodium 60g	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	**
Protein 22g	44%
Vitamin D 0mg	0%
Calcium 111mg	9%
Iron 200mcg	1%
Potassium 103mg	2%

* Percent Daily Values are based on a 2,000 calorie diet.

** Percent daily value not established.

Typical Amino Acid Profile

Amount Per Serving

Alanine	1,046 mg
Arginine	580 mg
Aspartic Acid	2,200 mg
Cysteine	440 mg
Glutamic Acid	3,725 mg
Glycine	384 mg
Histadine †	373 mg
Isoleucine ‡	1,201 mg
Leucine ‡	2,263 mg
Lysine †	1,986 mg
Methionine †	480 mg
Phenylalanine	657 mg
Proline	1,213 mg
Serine	1,063 mg
Threonine †	609 mg
Tryptophan ‡	350 mg
Tyrosine	1,455 mg
Valine ‡	1,223 mg
Total	21,250 mg

† Essential Amino Acids
‡ BCAA's

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

Ingredients: Whey Protein Isolate, Whey Protein Concentrate, Natural & Artificial Flavors, Non Dairy Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), sugar, contains 2% or less of the following: Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Sodium Silicoaluminate, Salt, Soy Lecithin, Carrageenan, Natural & Artificial Flavor, Annatto (for Color)), Xanthan Gum, Sucralose, Silicon Dioxide, Lecithin (Soy), Acesulfame Potassium

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TAKE ACTION... TAKE PRO ACTION™

**COOKIES
& CREAM**

RICH & DELICIOUS
NATURALLY & ARTIFICIALLY FLAVORED

**22G
PROTEIN**

PROTEIN
WHEY ISOLATE
& CONCENTRATE BLEND

**4.7G
BCAA**

**BRANCHED CHAIN
AMINO ACIDS**

**32 OR 80
SERVINGS**

SERVINGS
PER CONTAINER

Supplement Facts

Serving Size: 1 scoop (28.35g)
Servings Per Container: 32

Amount Per Serving	%Daily Value
Calories 108	
Total Fat 2g	2%*
Saturated Fat 1g	5%*
Trans Fat 0g	**
Cholesterol 36mg	12%*
Sodium 59mg	3%*
Total Carbohydrate 2g	1%*
Dietary Fiber 0g	0%*
Total Sugars 1g	**
Protein 22g	44%*
Vitamin D 0mg	0%*
Calcium 111mg	9%*
Iron 300mcg	2%*
Potassium 112mg	2%*

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** Percent daily value not established.

Typical Amino Acid Profile

Amino Acid	Amount Per Serving
Alanine	1,061 mg
Arginine	589 mg
Aspartic Acid	2,230 mg
Cysteine	446 mg
Glutamic Acid	3,775 mg
Glycine	391 mg
Histadine †	378 mg
Isoleucine ‡	1,217 mg
Leucine ‡	2,292 mg
Lysine †	2,012 mg
Methionine †	486 mg
Phenylalanine	666 mg
Proline	1,229 mg
Serine	1,078 mg
Threonine †	618 mg
Tryptophan ‡	355 mg
Tyrosine	1,474 mg
Valine ‡	1,240 mg
Total	21,538 mg

† Essential Amino Acids

‡ BCAA's

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Ingredients: Whey Protein Isolate, Whey Protein Concentrate, Natural & Artificial Flavors, Non Dairy Creamer (Hydrogenated Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), sugar, contains 2% or less of the following: Dipotassium Phosphate, Propylene Glycol Esters of Fatty Acids, Mono- and Diglycerides, Sodium Silicoaluminat, Salt, Soy Lecithin, Carrageenan, Natural & Artificial Flavor, Annatto (for Color)), Chocolate Cookie Crumbs (Enriched Flour, Sugar, Canola Oil, Cocoa processed with alkali, Salt, Sodium Bicarbonate), Dutch Cocoa, Xanthan Gum, Sucralose, Silicon Dioxide, Lecithin (Soy), Acesulfame Potassium

Contains milk and soy ingredients. Produced in a facility that also processes peanuts, tree nuts, wheat, and eggs.





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TAKE ACTION... TAKE PRO ACTION™

PEANUT BUTTER COOKIE

RICH & DELICIOUS
NATURALLY FLAVORED

22G
PROTEIN

PROTEIN
WHEY ISOLATE & CONCENTRATE BLEND

4.6G
BCAA

BRANCHED CHAIN AMINO ACIDS

32 OR 80
SERVINGS

SERVINGS
PER CONTAINER

Supplement Facts

Serving Size: 1 scoop (28.35g)
Servings Per Container: 32

Amount Per Serving	%Daily Value
Calories 111	
Total Fat 2g	2%*
Saturated Fat 1g	5%*
Trans Fat 0g	**
Cholesterol 33mg	11%*
Sodium 55mg	2%*
Total Carbohydrate 2g	1%*
Dietary Fiber 0g	0%*
Total Sugars 2g	**
Protein 22g	44%*
Vitamin D 0mg	0%*
Calcium 105mg	8%*
Iron 300mcg	2%*
Potassium 134mg	3%*

* Percent Daily Values are based on a 2,000 calorie diet.

** Percent daily value not established.

Typical Amino Acid Profile

Amino Acid	Amount Per Serving
Alanine	1,050 mg
Arginine	740 mg
Aspartic Acid	2,270 mg
Cysteine	435 mg
Glutamic Acid	3,847 mg
Glycine	459 mg
Histadine †	392 mg
Isoleucine ‡	1,188 mg
Leucine ‡	2,236 mg
Lysine †	1,929 mg
Methionine †	472 mg
Phenylalanine	702 mg
Proline	1,214 mg
Serine	1,081 mg
Threonine †	629 mg
Tryptophan ‡	345 mg
Tyrosine	1,436 mg
Valine ‡	1,220 mg
Total	21,647 mg

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‡ BCAA's

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Contains peanuts, milk, and soy ingredients. Produced in a facility that also processes tree nuts, wheat, and eggs.

