

- ZERO CARBS; ZERO FAT; ZERO CAFFEINE
- PROMINA™ WHEY ISOLATE
- ROBUST LATTE FLAVOR
- LACTOSE & GLUTEN FREE

SUGGESTED USE:

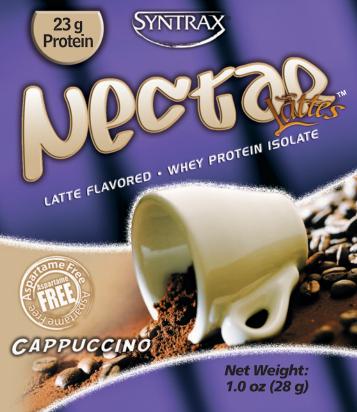
SUGGESTED USE:
Mix 2 oz of water or milk per serving
(1/4 packet) of Nectar® Lattes. One
full packet, providing 23 g of protein,
0 g of fat and 0 g of sugar, may be
mixed with 8 oz of water or milk.
Note the extra calories when
combined with milk. Consume the desired number of servings two to three times 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® Lattes mixes instantly with a spoon and tastes great . . . GUARANTEED!



Manufactured for:

5103, Inc. PO Box 1715

Cape Girardeau, MO 63702 USA Tel: (866) 333-SIØ3 (74Ø3) Website: www.syntrax.com



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

	Amount Per Serving			
	Calories		25	
	Calories fron	n Fat	0	
		% D	aily Value*	
	Total Fat		0g	0%*
	Saturated Fa	ıt	0g	0%*
	Trans Fat		0g	
	Cholesterol		0mg	0%*
	Sodium		15mg	1%*
	Potassium		55mg	2%*
	Total Carbohy		0g	0%*
	Dietary Fiber		0g	0%*
1	Sugars		0g	
100				100/0
120		ar nackat		
	Protein (23g p	er packet) 6g	12%*
		er packet 0%) 6g Vitamin C	
	Vitamin A			
	Vitamin A Calcium	0%	Vitamin C	0%
	Vitamin A Calcium Phosphorus * Percent Daily Value	0% 2% 2% es are basec	Vitamin C Iron Magnesiu	0% 0% um 0%
	Vitamin A Calcium Phosphorus * Percent Daily Value Your daily values ma	0% 2% 2% es are basec	Vitamin C Iron Magnesiu	0% 0% um 0%
	Vitamin A Calcium Phosphorus * Percent Daily Value	0% 2% 2% es are basec	Vitamin C Iron Magnesiu	0% 0% um 0%
	Vitamin A Calcium Phosphorus * Percent Daily Values mayour calorie needs: Total Fat	0% 2% 2% es are based ay be higher Calories: Less than	Vitamin C Iron Magnesiu I on a 2,000 cor lower depe 2,000 65g	0% 0% um 0% ealorie diet. ending on 2,500
	Vitamin A Calcium Phosphorus * Percent Daily Value Your daily values mayour calorie needs: Total Fat Sat Fat	0% 2% 2% es are based ay be higher Calories: Less than Less than	Vitamin C Iron Magnesiu I on a 2,000 c or lower depe 2,000 65g 20g	0% 0% um 0% talorie diet. ending on 2,500 80g 25g
	Vitamin A Calcium Phosphorus *Percent Daily Value Your daily values mayour calorie needs: Total Fat Sat Fat Cholesterol	0% 2% 2% es are basec ay be higher Calories: Less than Less than	Vitamin C Iron Magnesiu I on a 2,000 c or lower depe 2,000 65g 20g 300mg	0% 0% um 0% calorie diet. ending on 2,500 80g 25g 300mg
	Vitamin A Calcium Phosphorus * Percent Daily Valuy Your daily values may your calorie needs: Total Fat Sat Fat Cholesterol Sodium	0% 2% 2% es are based ay be higher Calories: Less than Less than	Vitamin C Iron Magnesiu I on a 2,000 c or lower depe 2,000 65g 20g 300mg 2,400mg	0% 0% 0% alorie diet, ending on 2,500 80g 25g 300mg 2,400mg
	Vitamin A Calcium Phosphorus * Percent Daily Valua Your daily values mayour calorie needs: Total Fat Sat Fat Cholesterol Sodium Potassium	0% 2% 2% es are basec ay be higher Calories: Less than Less than	Vitamin C Iron Magnesiu I on a 2,000 c or lower depe 2,000 65g 20g 300mg 2,400mg 3,500mg	0% 0% 0% alorie diet, ending on 2,500 80g 25g 300mg 2,400mg 3,500mg
	Vitamin A Calcium Phosphorus * Percent Daily Valuy Your daily values mayour calorie needs: Total Fat Sat Fat Cholesterol Sodium Potassium Total Carbohydrate	0% 2% 2% es are basec ay be higher Calories: Less than Less than	Vitamin C Iron Magnesiu I on a 2,000 cor lower depe 2,000 65g 20g 300mg 2,400mg 3,500mg 300g	0% 0% um 0% calorie diet, ending on 2,500 80g 25g 300mg 2,400mg 3,500mg 375g
	Vitamin A Calcium Phosphorus * Percent Daily Valua Your daily values mayour calorie needs: Total Fat Sat Fat Cholesterol Sodium Potassium	0% 2% 2% es are basec ay be higher Calories: Less than Less than	Vitamin C Iron Magnesiu I on a 2,000 c or lower depe 2,000 65g 20g 300mg 2,400mg 3,500mg	0% 0% 0% alorie diet, ending on 2,500 80g 25g 300mg 2,400mg 3,500mg

Calories per gram: Fat 9 • Carbohydrate 4

INGREDIENTS:

Whey protein isolate (milk)*, decaffeinated pure coffee, natural and artificial flavors, soy lecithin, acesulfame-K. sucralose.

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