

# Bulk & Muscle Formula Protein Drink Mix

## A results-oriented formula for the serious bodybuilder or the weekend warrior.

Few will argue that nutrition plays a critical role in everyone's health, but it is especially important for athletes involved in intense workouts. Even the most powerful athletes can't reach their potential without proper nutrition.

Protein is essential to assist the body in maintaining muscle mass throughout life, which is necessary to carry our skeletal system. Without it, we lose our balance, mobility and independence; thus, greatly reducing our quality of life. Athletes must provide their bodies with high-quality protein to assist in repairing and regenerating muscle fibers.

For serious athletes, bodybuilders or weekend warriors, Herbalife's Bulk & Muscle Formula Protein Drink Mix provides the extra necessary nutrition. It is a results-oriented formula designed to meet the extra nutritional requirements of athletes involved in intense workouts. With 30 grams of protein, it also contains natural performance enhancers and a premium blend of energy-boosting herbs.

Nutrition plays a key role during the acute exercise phase by providing the energy, micronutrients and muscle-building factors to maximize exercise effort. If essential amino acids and metabolic catalysts for muscle growth are in short supply, muscle and strength gains are less than maximum. The Bulk & Muscle Formula Protein Drink Mix has been created so that nutrition is never a limiting factor during exercise or recovery.\*

### Discussion Points

- Provides energy: Contains a unique carbohydrate-complex blend, which is used to provide energy for exercising and as a protein-sparing nutrient to help maintain muscle mass during peak muscle exertion.
- Protein digestibility: Contains Protomyosin™, which has a Protein Digestibility Corrected Amino Acid (PDCAA) score of 1.00, the highest score for labeling protein quality.
- Muscle-mass development: Formulated for the needs of individuals involved in muscle-mass development programs. Muscle growth is stimulated by specific resistance exercise and dictated by physiological factors.

### Did You Know?

After a workout, your body requires protein to restore and rebuild its muscle mass. Experts recommend consuming 0.4 to 0.6 grams of protein per kilogram of body weight 10 to 15 minutes after training. This amount of protein can easily be provided by a Bulk & Muscle Formula shake.

### Fast Facts

- Contains 30 grams of protein per serving.
- Formulated with vitamins, minerals, essential amino acids, carbohydrates and energy-boosting herbs.
- Includes Protomyosin™, which is isolated soy protein, caseinate, whey protein concentrate, egg albumin and the amino acid L-glutamine.
- Contains Aminogen®, a phytoenzyme complex that accelerates the digestion of proteins.



Vanilla

### NUTRITION FACTS

Serving Size: 3/4 cup (60 g) or 2 level scoops  
Servings per container: 18

	Amount Per Serving	
Calories		220
Calories from Fat		10
		% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	<5 mg	1%
Sodium	310 mg	13%
Potassium	430 mg	12%
Total Carbohydrate	22 g	7%
Dietary Fiber	1 g	0%
Sugars	13 g	
Protein	30 g	60%
Vitamin A (15% as Beta Carotene)		50%
Vitamin C		50%
Calcium		50%
Iron		25%
Vitamin D		50%
Vitamin E		50%
Vitamin K		50%
Thiamin		50%
Riboflavin		50%
Niacin		50%
Vitamin B6		50%
Folate		30%
Vitamin B12		50%
Biotin		50%
Pantothenic Acid		50%
Phosphorus		50%
Iodine		25%
Magnesium		50%
Zinc		50%
Selenium		40%
Copper		25%
Manganese		50%
Chromium		40%
Molybdenum		80%

Total Fat	Less Than	2,000	2,500
Sat. Fat	Less Than	65 g	80 g
Cholesterol	Less Than	20 g	25 g
Sodium	Less Than	300 mg	300 mg
Potassium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		3,500 mg	3,500 mg
Dietary Fiber		300 g	375 g
Protein		25 g	30 g
Calories per gram:	Fat 9	Carbohydrate 4	Protein 4

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
For Directions, see Chocolate label.

**Ingredients:** Soy protein isolate, calcium caseinate, maltodextrin, whey protein concentrate, dextrose, fructose, natural and artificial flavors, tricalcium phosphate, dipotassium phosphate, medium chain triglycerides, magnesium oxide, honey powder, soy lecithin, aminogen®† enzymes, choline bitartrate, potassium citrate, aspartame\*\*, egg albumin solids powder, L-carnitine hydrochloride, L-glutamine, beta carotene, ascorbic acid, dl-alpha tocopheryl acetate, molybdenum amino acid chelate, potassium glycerophosphate, ornithine alpha ketoglutarate, biotin, selenium amino acid chelate, ferrous fumarate, niacin, manganese amino acid chelate, zinc oxide, d-calcium pantothenate, potassium iodide, vitamin A palmitate, vitamin K, copper sulfate, Siberian ginseng powder, astragalus root powder, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, chromium nicotinate, cyanocobalamin, vitamin D2 and folic acid.

\*\*phenylketonurics: Contains Phenylalanine.

## Ordering Details

Vanilla #0007

\$61.95

# Bulk & Muscle Protein Drink Supplement Facts

Chocolate

## NUTRITION FACTS

Serving Size: 3/4 cup (60 g) or 2 level scoops

Servings per container: 18

	Amount Per Serving	% Daily Value*
Calories	210	
Calories from Fat	10	
		% Daily Value*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	<5 mg	1%
Sodium	310 mg	13%
Potassium	430 mg	12%
Total Carbohydrate	21 g	7%
Dietary Fiber	1 g	4%
Sugars	13 g	
Protein	30 g	60%
Vitamin A (15% as Beta Carotene)		50%
Vitamin C		50%
Calcium		50%
Iron		25%
Vitamin D		50%
Vitamin E		50%
Vitamin K		50%
Thiamin		50%
Riboflavin		50%
Niacin		50%
Vitamin B6		50%
Folate		30%
Vitamin B12		50%
Biotin		50%
Pantothenic Acid		50%
Phosphorus		50%
Iodine		25%
Magnesium		50%
Zinc		50%
Selenium		40%
Copper		25%
Manganese		50%
Chromium		40%
Molybdenum		80%

Total Fat	Calories	2,000	2,500
Sat. Fat	Less Than	65 g	80 g
Cholesterol	Less Than	20 g	25 g
Sodium	Less Than	300 mg	300 mg
Potassium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		3,500 mg	3,500 mg
Dietary Fiber		300 g	375 g
Protein		25 g	30 g
Calories per gram:	Fat	9	9
	Carbohydrate	4	4
	Protein	4	4

\*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Protomyosin™ (soy protein isolate, calcium caseinate, whey protein concentrate, egg albumin, L-glutamine), carbohydrate blend (maltodextrin, fructose, dextrose, honey powder), dutch processed cocoa, natural and artificial flavors, vitamins and minerals (tricalcium phosphate, magnesium oxide, dipotassium phosphate, choline bitartrate, potassium citrate, beta carotene, ascorbic acid, di-alpha tocopheryl acetate, molybdenum amino acid chelate, selenium amino acid chelate, ferrous fumarate, niacin, manganese amino acid chelate, zinc oxide, d-calcium pantothenate, vitamin A palmitate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, chromium nicotinate, vitamin D, biotin, folic acid, potassium iodide, vitamin K, cyanocobalamin), medium chain triglycerides, aminogen† enzymes, aspartame\*\*, L-carnitine hydrochloride, soy lecithin, potassium glycerophosphate, ornithine alpha ketoglutarate, eleutherococcus extract and astragalus extract. \*\*PHENYLKETONURICS: Contains Phenylalanine.

**Directions:** Simply blend 2 level scoops of Bulk & Muscle Formula with 12 fl. oz. of purified water, milk or your favorite beverage and adjust taste as desired. For general use, take two shakes daily. Add a third shake if your lean body mass is above 200 lbs (90 kg) and if you are interested in putting on muscle. For optimum results one shake should be taken within 45 minutes of finishing your workout. Herbalife's Bulk & Muscle Formula is specially formulated for the needs of individuals involved in a muscle mass development program. Muscle growth is stimulated by specific resistance exercise dictated by physiology, anatomy and biomechanics. Nutrition plays a key role during the acute exercise phase by providing the energy, micronutrients and ergogenic factors to maximize exercise effort. Nutrition plays an even more critical role during the growth phase. If essential amino acids and metabolic catalysts for muscle growth are in short supply, muscle and strength gains are less than maximum. Our Bulk & Muscle Formula has been created so that nutrition is never a limiting factor during exercise or recovery.

**Exclusive Formulation:** Protomyosin™ is Herbalife's exclusive protein blend of isolated soy protein, caseinate, whey protein concentrate, egg albumin, and the amino acid L-glutamine. Protomyosin™ has a Protein Digestibility Corrected Amino Acid (PDCAA) score of 1.00 which is the highest score for labeling protein quality and is ideal for human muscle growth. This is the U.S. Government's new reference standard for evaluating protein quality. Utilization is further enhanced by the addition of Aminogen®, a phytoenzyme system that accelerates the digestion of complex proteins into di- and tri-peptides and free amino acids for rapid uptake by the digestive system and muscle. Our Bulk & Muscle Formula contains Herbalife's unique carbohydrate complex blend, which is used to provide energy for exercising and rebuilding muscle and as a protein-sparing nutrient during peak muscle exertion. It is specially formulated to contain medium chain glucose polymers, for rapid uptake and utilization without creating the danger of a rebound effect which can occur in glucose-based formulas. Our Bulk & Muscle Formula is designed for use for strength and muscle growth and can be used with other Herbalife products. See your local distributor for more information.

### Also provides per serving:

Choline	80 mg
Ornithine alpha ketoglutarate	20 mg
Potassium glycerophosphate	20 mg
Aminogen®† enzymes	200 mg
Medium Chain Triglycerides	400 mg
L-carnitine	50 mg

### Essential Amino Acids per 60 gram serving:

Isoleucine	1457 mg
Leucine	2628 mg
Lysine	2120 mg
Methionine	616 mg
Phenylalanine	1566 mg
Threonine	1242 mg
Tryptophan	379 mg
Valine	1626 mg



† Patented Aminogen® contains specially selected protein enzymes which act to improve assimilation of dietary proteins.

## Ordering Details

Chocolate #0008

\$61.95

