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› PROLINE Iso Advanced Whey Protein Isolate 4.4LB (Vanilla) Instruction Manual

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PROLINE Iso Advanced Whey Protein Isolate 4.4LB (Vanilla) Instruction Manual

Your comprehensive guide to using PROLINE Iso Advanced Whey Protein Isolate.

1. INTRODUCTION

Thank you for choosing PROLINE Iso Advanced Whey Protein Isolate. This product is designed to provide a high-quality, microfiltered whey protein isolate to support your fitness and nutritional goals. This manual provides essential information on how to use, maintain, and understand your product.

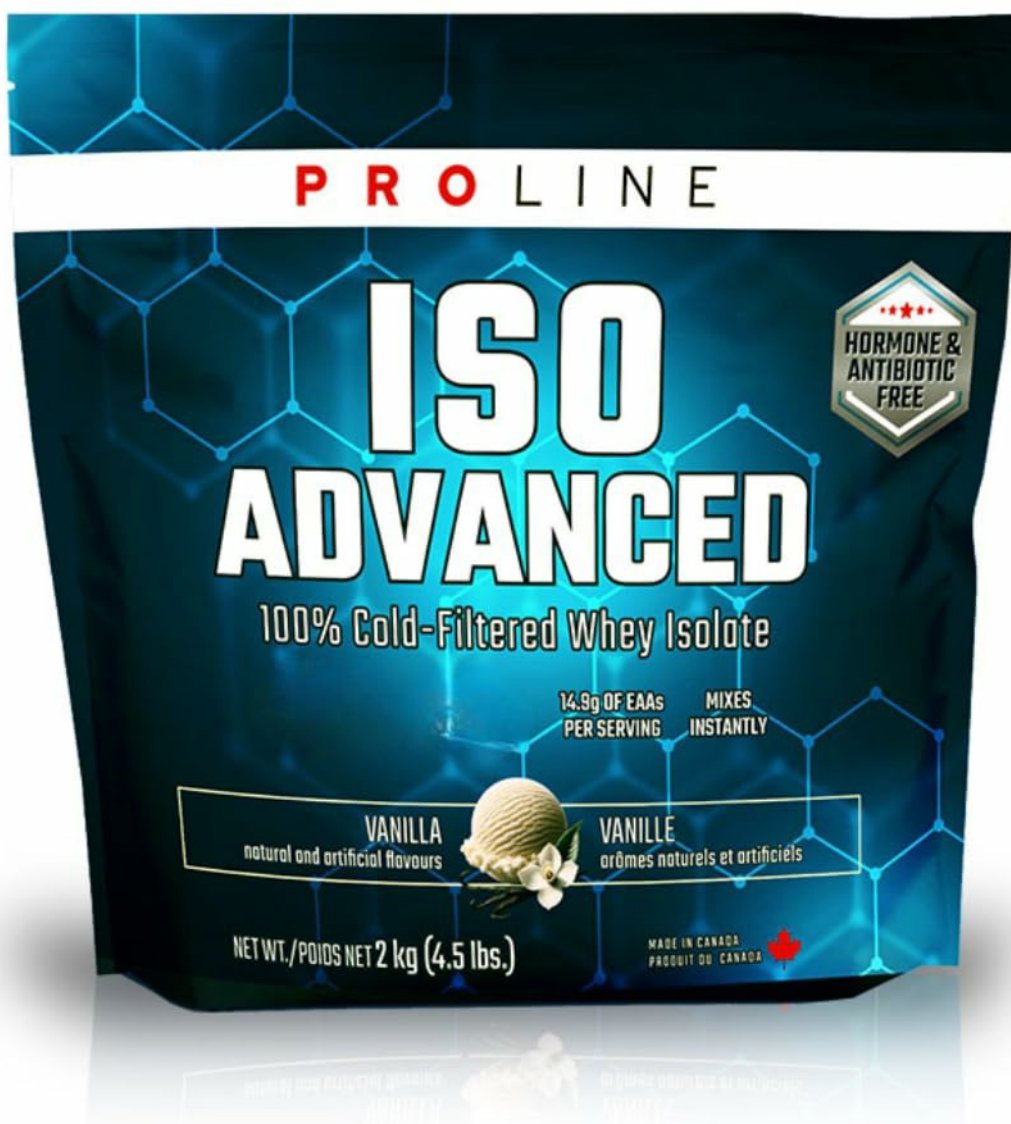


Image 1: PROLINE Iso Advanced Whey Protein Isolate 4.4LB Vanilla tub.

2. PRODUCT OVERVIEW

PROLINE Iso Advanced Whey Protein Isolate is a premium protein supplement featuring:

- **30g Microfiltered Whey Protein Isolate:** Our advanced filtration process removes unwanted fats and lactose, ensuring a clean, pure protein source.
- **Rich in Naturally Occurring Amino Acids:** Packed with essential amino acids, including BCAAs, to support muscle growth and recovery.
- **Highly Bioavailable & Easy to Digest:** Offers high bioavailability for efficient absorption and an instant-mix formula for a smooth, clump-free blend.
- **100% Soy-Free & Sugar-Free:** A clean and pure protein source with minimal fat and lactose.
- **Transparent Ingredient Disclosure:** Full transparency with detailed breakdown of all ingredients and exact amounts.

3. INGREDIENTS & NUTRITION

Each serving of PROLINE Iso Advanced Whey Protein Isolate (Vanilla, 4.4LB) provides 30 grams of protein. It is formulated with hydrolyzed whey protein isolate, natural and artificial flavors, salt, and sucralose. Contains milk and soy.

Nutrition Facts (per 1 scoop / 36.7g serving):

Nutrition Facts / Valeur nutritive		
Per 1 Scoop (36.7 g) / Pour 1 cuillerée (36,7 g)		
Servings per Container / Portions par récipient : 54.54		
	1 Scoop (36.7 g) 1 cuillerée (36,7 g)	100 g
Calories	132.5	361
% Daily Value* / % valeur quotidienne*		
Fat / Lipides 0.5 g [†]	0.8 %	1.4 g
Saturated / saturés 0 g [†]	0 %	0 g
+ Trans / trans 0 g [†]	0 %	0 g
Carbohydrate / Glucides 2 g [†]	0.7 %	5 g
Fibre / Fibres 0 g [†]	0 %	0 g
Sugars / Sucres 0 g [†]	0 %	0 g
Protein / Protéines 30 g [†]		82 g
Cholesterol / Cholestérol 0 mg [†]	0 %	0 mg
Sodium 126 mg [†]	5.3 %	344 mg
Potassium 202 mg [†]	4.3 %	550 mg
Calcium 152 mg [†]	13.8 %	414 mg
Iron / Fer 0 mg [†]	0 %	0 mg
† Amount in 1 Scoop (36.7 g) / Teneur pour 1 cuillerée (36,7 g)		
* 5% or less is a little, 15% or more is a lot		
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
Typical Amino Acid Profile Per Serving / Profil typique d'acides aminés par portion		
Aspartic Acid / Acide aspartique	3.6 g	
Threonine / Thréonine	2.3 g	
Serine / Sérine	1.4 g	
Glutamic Acid / Acide glutamique	5.7 g	
Glycine / Glycine	0.5 g	
Alanine / Alanine	1.6 g	
Valine / Valine [†]	1.9 g	
Isoleucine / Isoleucine [†]	2.2 g	
Leucine / Leucine [†]	3.4 g	
Tyrosine / Tyrosine	0.9 g	
Phenylalanine / Phénylalanine	1.0 g	
Histidine / Histidine	0.5 g	
Lysine / Lysine	3.0 g	
Arginine / Arginine	0.7 g	
Proline / Proline	1.9 g	
Cystine / Cystine	0.7 g	
Methionine / Méthionine	0.7 g	
Tryptophan / Tryptophan	0.6 g	
† Branched Chain Amino Acid (BCAA) / Acide aminé à chaîne ramifiée (AACR)		
INGREDIENTS (PER SERVING): Cross Flow Micro Filtered Whey Protein Isolate 90% (32.9 g), Cocoa (2.0 g), Natural and Artificial Flavours (850 mg), Guar Gum (500 mg), Sucralose (260 mg), Salt (125 mg). Contains: Milk by-products/derivatives.		
INGRÉDIENTS (PAR PORTION) : Isolat de protéines de lactosérum micro-filtré à flux croisé 90% (32,9 g), Cocoa (2,0 g), Saveurs naturels et artificielles (850 mg), Gomme de guar (500 mg), Sucralose (260 mg), Sel (125 mg). Contient : Sous-produits / dérivés du lait.		
SUGGESTED USE: Shake or blend 1 scoop of ISO ADVANCED in 250ml to 300ml of cold water or milk, add or reduce fluid to achieve your desired taste. On training days consume 1 serving post training to assist in muscle building and repair, or anytime of day to boost your protein intake. For best results combine with a diet and exercise program.		
UTILISATION SUGGÉRÉE : Mélanger 1 boule de ISO ADVANCED dans 250 mL à 300 mL d'eau froide ou lait, ajouter ou réduire le liquide pour atteindre le goût souhaité. Lors des jours d'entraînement, consommer une portion après l'exercice pour aider au renforcement et à la réparation musculaire, ou à tout moment de la journée pour votre apport en protéines. Pour de meilleurs résultats, combiner avec un régime et programme d'exercice.		

Image 2: Detailed Nutrition Facts and Amino Acid Profile.

Typical Nutritional Values

Nutrient	Amount per Serving
Calories	132.5
Total Fat	0.5g
Total Carbohydrate	2g
Sugars	0g

Nutrient	Amount per Serving
Protein	30g
Sodium	126mg
Potassium	202mg
Calcium	152mg

4. SETUP & USAGE

Mixing Instructions:

1. Add 250ml to 300ml of cold water or milk to a shaker cup or blender.
2. Add 1 rounded scoop (approximately 36.7g) of PROLINE Iso Advanced Whey Protein Isolate.
3. Shake or blend thoroughly until the powder is fully dissolved and a smooth consistency is achieved. Adjust fluid amount to your desired taste and consistency.

Recommended Usage:

Enjoy your protein shake anytime you desire a high-quality, high-protein beverage. It is particularly beneficial after workouts to aid in muscle recovery and growth. For best results, incorporate it into a balanced diet and exercise program.



Image 3: Product features including 30g protein, 0g sugar, and instant mixing.

5. MAINTENANCE & STORAGE

To ensure the quality and longevity of your PROLINE Iso Advanced Whey Protein Isolate, please follow these guidelines:

- **Storage:** Store in a cool, dry place, away from direct sunlight and moisture.
- **Sealing:** Always ensure the lid is tightly sealed after each use to prevent contamination and maintain freshness.

- **Scoop:** Keep the provided scoop clean and dry.

6. TROUBLESHOOTING

PROLINE Iso Advanced is formulated for easy mixing. If you encounter any issues, consider the following:

- **Clumping:** Ensure you add the liquid first, then the powder. Shake or blend immediately and vigorously for 15-30 seconds. Using a shaker ball can also help.
- **Taste/Consistency:** Adjust the amount of liquid to achieve your preferred taste and thickness. For a richer taste, use milk instead of water.

7. SPECIFICATIONS

Attribute	Detail
Brand	PROLINE
Model	Iso Advanced Whey Protein Isolate
Flavor	Vanilla
Item Weight	2 Kilograms (4.4 LB)
Protein per Serving	30 Grams
Material Type Free	Sugar Free
Product Benefits	Muscle Growth
Protein Source	Whey
Number of Items	1
Package Type	Tub
Product Dimensions	18 x 18 x 29 cm

8. SAFETY INFORMATION

Always read the entire product label before use. Do not exceed the recommended dosage. This product is intended for healthy adults and should not be used as a sole source of nutrition. Consult a healthcare professional before using this product if you are pregnant, nursing, have a medical condition, or are taking any medication.

Allergen Information: Contains Milk and Soy. Manufactured in a facility that also processes eggs, peanuts, tree nuts, and wheat.

Keep out of reach of children.

9. WARRANTY & SUPPORT

For any questions regarding your PROLINE Iso Advanced Whey Protein Isolate, including product quality or support, please visit the official PROLINE Store on Amazon or contact PROLINE customer service directly. We are committed to providing high-quality products and customer satisfaction.

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