

Formulated for serious athletes and bodybuilders. Muscle Provider provides No Non-sense Protein Supplementation that works! . . . *all the way up to your contest day!*

**Try Muscle Provider For Yourself . . . Here's How!**

**METHOD #1:**

Good for gaining, losing and muscle building Mix 1 -2 scoops Muscle Provider in 8 - 16 oz. water, Crystal Light or Diet Orange Soda with each meal. You may use this in place of your protein source if trying to lose, or as an addition to each meal for lean tissue gain.

**METHOD #2:**

Best for muscle building and fat burning - (on a reduced carbohydrate diet) Mix 2 scoops Muscle Provider with 8 - 12 oz. water, 2 - 4 TBS. heavy (whipping) cream, and 3 - 4 strawberries. (Muscle Provider is the only protein on the market we've seen to work with cream to actually increase muscularity.) You may substitute 1 TBS. healthy oils for each 2 TBS. heavy cream.

**METHOD #3**

Excellent for weight gain Mix 2 scoops Muscle Provider with 1 scoop Mass Maker in 12 oz water. Drink as a post workout recovery drink or as a high quality meal replacement. For extreme weight gain mix 1 scoop Muscle Provider, 1 scoop 100% Egg Protein and 1 scoop Mass Maker in 12 oz water. Drink with each meal to dramatically increase nutrient density and muscular bodyweight.

**Muscle Provider's superior amino acid profile for muscular growth per 21g serving:**

Alanine	0.8g	Histidine	0.3g	Proline	0.9g
Arginine	0.4g	*Isoleucine (BCAA)	0.9g	Serine	0.7g
Aspartic Acid	1.8g	*Leucine (BCAA)	1.7g	*Threonine	1.0g
Cystine	0.4g	*Lysine	1.5g	*Tryptophan	0.3g
Glutamic Acid	2.6g	*Methionine	0.4g	Tyrosine	0.5g
Glycine	0.3g	*Phenylalanine	0.5g	*Valine (BCAA)	0.9g
				*Essential Amino Acids	



# MUSCLE PROVIDER

A SUPERIOR PROTEIN PRODUCT CONSISTING OF  
WHEY PROTEIN ISOLATE, WHEY PROTEIN HYDROLYSATE,  
WHEY PROTEIN CONCENTRATE, LACTALBUMIN AND EGG WHITE

DRINK MIX

NET WT. 945g (33.3 OZ [2 LB 1.3 OZ])

Distributed by

**BEVERLY INTERNATIONAL NUTRITION**

Established Laguna Hills, CA 1967

Cold Spring, KY 41076

## Nutrition Facts

Serving Size 1 Scoop (21g)  
Servings Per Container 45

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
<b>Calories</b> 80			
<b>Total Fat</b> 1g			<b>2%</b>
Saturated Fat 0.5g			<b>3%</b>
<b>Cholesterol</b> 25mg			<b>8%</b>
<b>Sodium</b> 70mg			<b>3%</b>
<b>Potassium</b> 120mg			<b>3%</b>
<b>Total Carbohydrate</b> 2g			<b>1%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 0g			
<b>Protein</b> 16g			<b>30%</b>

Vitamin A 0% • Vitamin C 0%  
Calcium 6% • Iron 4%

\*Percent Daily Values are based on a 2000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Protein blend (whey protein isolate, hydrolyzed whey protein, whey protein concentrate, lactalbumin, egg white), natural and artificial flavor, maltodextrin, soy lecithin, malic acid, dipotassium phosphate, sucralose.

**Directions:** Add 1 scoop Muscle Provider Drink Mix to 1 cup (8 fl. oz.) water or milk. Stir or blend until smooth.

Low Sodium

**Notice:** Use this product as a food supplement only. Do not use for weight reduction.

ASPARTAME FREE  
FORMULA

For questions or comments on the entire line of Beverly International supplements call:

**Beverly International Nutrition**  
Cold Spring, KY 41076

**1-800-781-3475**

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