



Physique + Bio-Build

is a pure, natural high-octane fuel for rapid muscle recovery. It is made with our powerful Bio-Build blend, a mix of intelligent-release protein and carbohydrates clinically shown to naturally activate the body's recovery process. Delivers more energy to the muscle than either carbohydrates or protein alone.

14 g PROTEIN	38 g CARBOHYDRATES
 BUILD LEAN MUSCLE	 GLYCOGEN REPLENISHMENT

Why Physique + Bio-Build?

- + Helps build firm, lean muscle
- + Helps restore muscle energy
- + Supports muscle repair
- + Rapid recovery

The Shaklee Pure Performance Guarantee

- Guaranteed to be safe and free from banned substances
- No artificial flavors, sweeteners, or preservatives
- Star-D Kosher
- Gluten Free

#20495



NG633A

MANUFACTURED IN A FACILITY THAT MAY ALSO PROCESS PEANUTS, TREE NUTS, MILK, EGG, SOY, WHEAT, SHELLFISH, AND FISH.

PRODUCT SOLD BY WEIGHT ONLY, NOT BY VOLUME. SETTLING WILL OCCUR DURING SHIPPING AND HANDLING.



BUILD+

Protein Plus Recovery

Physique® + Bio-Build®



15 SERVINGS
PROTEIN POWDER

NET WT.
1 LB. 14 OZ. (855 g)



NATURAL
BANANA
FLAVORED

ENERGIZE | HYDRATE | BUILD | RECOVER

DIRECTIONS: Mix 3 scoops (57 g) of powder with 8 oz. of cold water (for a 99% lactose-free beverage) or with non-fat milk. To help maximize recovery, consume immediately after working out and again two hours later.

Nutrition Facts

Serving Size: 3 Scoops (57g) Mix Alone
Servings Per Container: 15

Amount Per Serving	Mix Alone	Mix 3 Scoops + Nonfat Milk
		% Daily Value**
Calories	210	300
Calories from Fat	5	10
		% Daily Value**
Total Fat 0.5 g	1%	1%
Saturated Fat 0 g	0%	1%
trans Fat 0 g		
Polyunsaturated Fat 0 g		
Monounsaturated Fat 0 g		
Cholesterol <5 mg	2%	3%
Sodium 80 mg	3%	8%
Potassium 40 mg	1%	12%
Total Carbohydrate 38 g	13%	17%
Dietary Fiber 0 g	0%	0%
Sugars 21 g		
Protein 14 g	28%	45%
Vitamin A	15%	25%
Vitamin C	100%	100%
Calcium	15%	45%
Iron	0%	0%
Vitamin D	0%	30%
Vitamin E	25%	25%
Thiamin	90%	100%

Amount Per Serving	Mix Alone	Mix 3 Scoops + Nonfat Milk
		% Daily Value**
Riboflavin	80%	110%
Niacin	100%	100%
Vitamin B ₆	100%	100%
Folate	100%	100%
Vitamin B ₁₂	90%	110%
Biotin	100%	100%
Pantothenic Acid	90%	100%
Phosphorus	10%	35%
Magnesium	20%	25%
Zinc	25%	30%
Selenium	25%	25%
Copper	25%	25%
Manganese	25%	25%
Chromium	25%	25%
Molybdenum	25%	25%
Chloride	0%	8%

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

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

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

INGREDIENTS: BIO-BUILD® (DEXTRSE, MALTODEXTRIN, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), NATURAL FLAVORS, SUNFLOWER LECITHIN, MAGNESIUM OXIDE, ASCORBIC ACID, XANTHAN GUM, NIACINAMIDE, SELENIUM YEAST, D-ALPHA-TOCOPHERYL ACETATE, CALCIUM PANTOTHENATE, MOLYBDENUM YEAST, VITAMIN B₁₂, ZINC OXIDE, VITAMIN A PALMITATE, COPPER GLUCONATE, VITAMIN B₆, MANGANESE SULFATE, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID, BIOTIN, CHROMIUM NICOTINATE, COLORED WITH TURMERIC OLEORESIN. **CONTAINS MILK.**

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