

## HIGH-OCTANE FUEL FOR RAPID MUSCLE RECOVERY

Work out hard, recover smart. Made with our powerful Bio-Build® blend, a mix of intelligent-release protein and carbohydrates, to help maximize recovery and build firm, lean muscles.



**14 g PROTEIN**  
to repair and build muscles faster



**CARBOHYDRATES**  
to deliver more energy to your muscles



NO Artificial Flavors, Sweeteners, or Preservatives



Shaklee®  
PERFORMANCE®

physique® + bio-build®  
post-workout shake

### RESTORE & REPAIR WITH CARBS & PROTEIN

Recover faster with ingredients clinically shown to rebuild and deliver more energy to your muscles.

# Build+

banana

15 SERVINGS PROTEIN POWDER / NET WT. 1 LB. 14 OZ. (855 g)

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

## Nutrition Facts

15 servings per container  
**Serving size** 3 Scoops (57 g)

Amount per serving	% Daily Value*
<b>Calories</b>	<b>210</b>

Amount per serving	% Daily Value*
<b>Total Fat</b> 0.5 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> <5 mg	<b>2%</b>
<b>Sodium</b> 80 mg	<b>3%</b>
<b>Total Carbohydrate</b> 38 g	<b>14%</b>
Dietary Fiber 0 g	<b>0%</b>
Total Sugars 21 g	
Includes 21 g Added Sugars	<b>42%</b>
<b>Protein</b> 14 g	<b>28%</b>
Vitamin D 0 mcg	0%
Calcium 150 mg	10%
Iron 0 mg	0%
Potassium 50 mg	2%
Vitamin A 225 mcg	25%

Amount per serving	% Daily Value*
Vitamin C 60 mg	70%
Vitamin E 5 mg	35%
Thiamin 1.35 mg	110%
Riboflavin 1.36 mg	100%
Niacin 20 mg	130%
Vitamin B <sub>6</sub> 2 mg	120%
Folate 668 mcg DFE (400 mcg folic acid)	170%
Vitamin B <sub>12</sub> 5.4 mcg	230%
Biotin 300 mcg	1,000%
Pantothenic Acid 9 mg	180%
Phosphorus 100 mg	8%
Magnesium 80 mg	20%
Zinc 3.8 mg	35%
Selenium 18 mcg	35%
Copper 0.5 mg	60%
Manganese 0.5 mg	20%
Chromium 30 mcg	90%
Molybdenum 19 mcg	40%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Bio-Build® (Dextrose, 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 B<sub>12</sub>, Zinc Oxide, Vitamin A Palmitate, Copper Gluconate, Vitamin B<sub>6</sub>, Manganese Sulfate, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Chromium Nicotinate, Colored With Turmeric Oleoresin. **Contains Milk.**

Manufactured in a facility that may also process peanuts, tree nuts, milk, egg, soy, wheat, sesame, and fish.

Product sold by weight only, not by volume. Settling will occur during shipping and handling.

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