

### BULK & MUSCLE FORMULA

**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.

### SEE RIGHT PANEL FOR NUTRITION 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	.....	1478 mg
Leucine	.....	2659 mg
Lysine	.....	2146 mg
Methionine	.....	605 mg
Phenylalanine	.....	1544 mg
Threonine	.....	1271 mg
Tryptophan	.....	384 mg
Valine	.....	1624 mg



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

† Aminogen® is a registered trademark of Body Mechanics.

30-day money-back guarantee

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## BULK & MUSCLE FORMULA

Protein Drink Mix

# Vanilla

Artificially Flavored

Notice: Use this product as a food supplement only. Do not use for Weight Reduction.

### NET WEIGHT: 38.1oz (2 lbs 6.1 oz) 1080 g

## Nutrition Facts

Serving Size 3/4 cup (60 g) or 2 level scoops  
Servings Per Container 18

Amount Per Serving	
<b>Calories</b>	210
Calories from Fat	10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
<b>Cholesterol</b> less than 5 mg	<b>1%</b>
<b>Sodium</b> 310 mg	<b>13%</b>
<b>Potassium</b> 430 mg	<b>12%</b>
<b>Total Carbohydrate</b> 22 g	<b>7%</b>
Dietary Fiber 1 g	<b>0%</b>
Sugars 13 g	
<b>Protein</b> 30 g	<b>60%</b>
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%

\* 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
Sat. 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:** 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, bacterially-derived patented proteases (from Aminogen®†), 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, eleuthero powder, astragalus root powder, pyridoxine hydrochloride, riboflavin, thiamin hydrochloride, chromium nicotinate, cyanocobalamin, vitamin D2 and folic acid.

\*\*PHENYLKETONURICS: CONTAINS PHENYLALANINE.

Formulated exclusively for:  
**HERBALIFE INTERNATIONAL OF AMERICA, INC.**  
Los Angeles, CA 90080-0210, U.S.A.

MADE IN U.S.A.