

Nutrition Facts / Valeur Nutritive		
Per / Par (30.9 g)		
Calories 120	% Daily Value*	
Fat/Gras 0.3 g	1 %	
Saturated/saturée 0.1 g	1 %	
+ Trans 0 g		
Carbohydrate/Glucides 2 g		
Fibre 0 g	0 %	
Sugars/Sucres 1 g	1 %	
Protein/Protéine 27 g		
Cholesterol/Cholestérol 5 mg		
Sodium 130 mg	6 %	
Potassium 175 mg	4 %	
Calcium 175 mg	13 %	
Iron/Fer 0.2 mg	1 %	
Magnesium 100 mg	24 %	

*% or less is a little, 15% or more is a lot
 % or moins c'est peu, 15% ou plus c'est beaucoup



SUGGESTED USE: MIX 1 SCOOP OF IRON KINGDOM ISO-LYTE with 250mL (8.4 fl. oz.) of water or the beverage of your choice into a shaker cup or blender. Increase the liquid initially used if less sweetness is desired. Take 1-3 servings throughout the day or as needed to meet your individual protein needs.

USAGE SUGGÉRÉ: MÉLANGER 1 SCOOP DE FER ROYAL D'ISO-LYTE avec 250mL (8.4 fl. oz.) d'eau ou de la boisson de votre choix dans un shaker ou un mélangeur. Augmentez le liquide initialement utilisé si vous souhaitez moins de douceur. Prenez 1 à 3 portions par jour ou au besoin pour répondre à vos besoins en protéines.

- ◆ MIXES WELL AND TASTES GREAT
- ◆ NO SUGAR ADDED
- ◆ QUICK ABSORPTION
- ◆ NO PROPRIETARY BLENDS
- ◆ NO FILLERS
- ◆ NATURAL COLOUR
- ◆ KEY INGREDIENTS SUPPORTED BY CLINICAL RESEARCH

INGREDIENTS: Whey Protein Isolate, Natural and Artificial Flavours, Gum Blend (Cellulose, Guar, Xanthan), Sunflower Lecithin, Potassium Citrate, Magnesium Oxide (140mg per scoop), Calcium Carbonate, Sucralose, Citric Acid, Salt, Red Beet Powder (as Colour), / **INGRÉDIENTS :** Isolat de protéine de lactosérum, arômes naturels et artificiels, mélange de gommes (cellulose, guar, xanthane), lécithine de tournesol, citrate de potassium, oxyde de magnésium (140mg par cuillère), carbonate de calcium, sucralose, acide citrique, sel, poudre de betterave rouge (colorant).

Do not use if the seal is broken or missing.
 / Ne pas utiliser si le joint est cassé ou manquant.
Allergen Warning: Contains ingredients from milk. Made in a facility that also processes soy, sesame, egg, peanuts, tree nuts, fish/crustaceans/shellfish oils, and wheat. **Storage Conditions:** Store in a cool, dry place. / **Avertissement d'allergène:** Contient des ingrédients du lait. Fabriqué dans une usine qui transforme également le soja, le sésame, les noix, les arachides, les noix, les huiles de poisson / crustacés / mollusques et le blé. **Rangement:** Ranger dans un endroit frais et sec.

This product is packed by weight and not volume; some settling may occur in shipping. / Ce produit est emballé en poids et non en volume; une certaine fixation peut se produire lors de l'expédition.
 Use this product as a dietary supplement only. Do not use for weight reduction. All amino acids in this product are naturally occurring, including tryptophan. There are no added amino acids to this formula. / Utilisez ce produit comme complément alimentaire uniquement. Ne pas utiliser pour la réduction de poids. Tous les acides aminés de ce produit sont naturels, y compris le tryptophane. Il n'y a pas d'acides aminés ajoutés à cette formule.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

IRON KINGDOM



NO BANNED SUBSTANCES

ATHLETE APPROVED

NO PROPRIETARY BLENDS

PREMIUM WHEY PROTEIN ISOLATE WITH ELECTROLYTE HYDRATION COMPLEX

27g PROTEIN	580mg ELECTROLYTES	87% PROTEIN PER SERVING	5.9g BCAAs
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STRAWBERRY / FRAISE

1.9lb/865g NET WT. / Poids Net

28 SERVINGS / Portions

ISO-LYTE

- + BUILD
- + REPAIR
- + HYDRATE



IRON KINGDOM ISO-LYTE
 BUILD / REPAIR / HYDRATION FORMULA

TYPICAL AMINO PROFILE PER SERVING:

L-Alanine	1,512mg
L-Arginine	523mg
L-Aspartic Acid / L-Acide Aspartique	2,937mg
L-Cystine	611mg
L-Glutamic Acid / Acide L-Glutamique	4,013mg
L-Glycine	494mg
L-Histidine*	320mg
L-Isoleucine*†	1,745mg
L-Leucine*†	2,617mg
L-Lysine*	2,268mg
L-Methionine* / L-Méthionine*	523mg
L-Phenylalanine*	756mg
L-Proline	1,628mg
L-Serine	1,221mg
L-Threonine* / L-Thréonine*	1,977mg
L-Tryptophan*	233mg
L-Tyrosine	640mg
L-Valine*†	1,570mg

* Essential Amino Acid / Acide aminé essentiel
 † Branched Chain Amino Acid / Acide Aminé Ramifié

NATURALLY OCCURRING BCAAs/EAA's

★ ★ ★ ★ ★

PROTEIN + ELECTROLYTES =

MUSCLE GROWTH + **HYDRATION & RECOVERY**

PREMIUM WHEY PROTEIN ISOLATE

Whey Protein Isolate (WPI) contains essential nutrients that are required to stimulate protein synthesis to optimize muscle growth. WPI also helps build and repair muscle tissue, which helps reduce the feelings of soreness and fatigue. WPI is quickly digested and absorbed by the body, and is virtually free of lactose, fat, carbohydrates and cholesterol.

ELECTROLYTES

Electrolytes promote hydration, and help replenish energy and key minerals by regulating the balance of fluids in the body, facilitating muscle contractions, and helping to control the body's pH levels.

27g PROTEIN	580mg ELECTROLYTES	28 SERVINGS
	87% PROTEIN	
	5.9g BCAAs	

TRAIN WITH THE HEART OF A LION

IRONKINGDOM.COM
 @IronKingdomNutrition

GMP CERTIFIED

FORMULATED IN CANADA / Formulé au Canada

PLEASE RECYCLE / S'IL VOUS PLAÎT RÉCYCLER

IK ISO-LYTE STRAWBERRY: UNIT

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