

Be

REFUELED



Vanilla Flavor

After Workout – Whey Protein Isolate Powder

Be Refueled is a dietary tool both for athletes looking for one of the PUREST WHEY PROTEIN ISOLATES to help fuel muscles for growth and maintenance, and also for healthful aging, looking to maintain muscle mass, with its resultant strength and maintenance of independence despite advancing years and decades.

Containing Whey protein isolate, produced 100% from grass fed cows, never treated with antibiotics or hormone (including never using recombinant Bovine Growth Hormone), Be Refueled uses an innovative filtration process to provide high-purity protein.

One serving of Be Refueled contains all of the essential amino acids and 4.4 g of essential BCAAs leucine, isoleucine and valine.

Be Refueled is a complete protein rich in amino acids, including highly bioavailable Leucine, which helps build and repair muscle, and is up to 17% higher in Be Refueled versus most other protein-products. The stimulatory effect of leucine and other branch chained

amino acids is due to the direct effect of these amino acids on the initiation of mRNA translation, which results in increased muscle protein synthesis. This effect becomes less pronounced with age, but high leucine intakes appear to be able to overcome this age related decrease in muscle protein synthesis.¹

With natural flavorings for chocolate and vanilla, the addition of prebiotic fiber (produced by microbial fermentation and therefore without environmental contaminants), stabilized with 15 mg of pure vitamin C, sweetened with all natural Stevia, and a touch of sea salt, Be Refueled is a versatile, good tasting, high performance protein powder that can be consumed by itself, or mixed

with a wide range of other healthy ingredients.

So let Be Refueled take your workout to the next level, pushing the limits of performance and keeping you strong so you can achieve your goals, and also maintain strength and independence into your Golden Years.

Each serving of Be Refueled delivers 20 g of high-quality premium protein that is low in fat and very low in lactose.

Among the different proteins available for nutritional supplementation, rapidly absorbed proteins, such as whey, have been shown to exert a better anabolic effect as compared with slowly absorbed proteins like casein.²

REFERENCES:

1 Satoshi Fujita and Elena Volpi; Amino Acids and Muscle Loss with Aging; J. Nutr. 2006 Jan; 126(1 Suppl): 277S-280S. doi: 10.1093/jn/136.1.277S

2 Dangin M, Guillet C, Garcia-Rodenas C, Gachon P, Bouteloup-Demange C, Reiffers-Magnani K, Fauquant J, Ballèvre O, Beaufrère B. The rate of protein digestion affects protein gain differently during aging in humans. J Physiol. 2003 Jun 1;549(Pt 2):635-44. doi: 10.1113/jphysiol.2002.036897. Epub 2003 Mar 28. PMID: 12665610; PMCID: PMC2342962.

Nutrition Facts

Serving Size / 2 level 43 cc Scoops (26.8 g)

Servings Per Container / 30

Amount per serving		% Daily Value
Calories	106	
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
<i>Trans</i> Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	19 mg	1 %
Total Carbohydrate	1 mg	1 %
Dietary Fiber	0 g	0 %
Total Sugars	0 g	
Includes 0 g Added Sugars		0 %

Amount per serving		% Daily Value
Protein	20 g	40 %
Vitamin D	0 mcg	0 %
Calcium	0 mg	0 %
Iron	0 mg	0 %
Potassium	0 mg	0 %
Vitamin C	15 mg	17 %

*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.

Amino Acids (g/100g Protein)

Isoleucine	5.7
Leucine	10.6
Lysine	9.3
Methionine + Cysteine	4.3
Phenylalanine + Tyrosine	6.0
Threonine	6.8
Tryptophan	1.6
Valine	5.8
Alanine	4.9
Arginine	2.7
Aspartic Acid	10.4
Glutamic Acid	17.5
Glycine	1.8
Histidine	1.8
Proline	5.7
Serine	5.0

INGREDIENTS: Whey Protein, Natural Flavors, Xanthan Gum, Stevia, Sea Salt and Vitamin C (from Ascorbic Acid).

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This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

This product was not tested on animals.

Leave tightly closed when not in use. Store in a cool, dry place.

No artificial colors, artificial flavors, artificial sweeteners or preservatives.

Suitable for Vegetarians

Gluten Free

FOR BEST RESULTS, CONSUME 30 MINUTES AFTER EXERCISING.

DIRECTIONS: Mix 2 level 43 cc scoops (27.7 g) in 8-12 oz (240-360 ml) of your favorite beverage. Shake well.

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

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