

# Thermojetics® Performance Protein Powder

## The key to long-term weight maintenance.

Protein, more specifically the building blocks of protein called “amino acids,” is an essential component of every cell in the body. The cells of the immune system, skin, hair and muscle all depend on protein for proper functioning and growth. Adequate daily protein intakes range from 50 to 60 grams for women to at least 70 to 80 grams for men. An easy way to determine the optimum range of protein you need daily is to divide your current weight in half and then subtract five to 10. The numbers you come up with represent the range of total grams of protein you need daily for your body size for maintenance. For example: If you weigh 150 pounds, you should consume between 65 to 70 grams of protein a day.

All too often many dieters cut back on protein in an effort to trim calories and lose weight. This can lead to deficiencies that not only rob health, but can also trigger nutritional imbalances in your body that can slow weight loss and eventually lead to weight gain, a condition referred to as “yo-yoing.”

To get out of the vicious “yo-yo” cycle, you need to feed your body the proper balance of nutrients, one of the most important being protein.

## Discussion Points

- Great news for dieters: Adding Thermojetics® Performance Protein Powder to Thermojetics® Formula 1 Protein Drink increases your protein intake without adding extra fat or calories from carbohydrates.
- Get off the weight-loss plateau: One to three level tablespoons of the powder a day can add up to 15 grams of high-quality protein. This increases the feeling of fullness and helps assure adequate protein intake.
- Customize your Thermojetics® Formula 1 Protein Drink shake: By using Thermojetics® Performance Protein Powder, customers can tailor-make their shakes to meet their specific protein needs.
- A bodybuilder’s dream: For weightlifters, Thermojetics® Performance Protein Powder is an excellent choice to help increase protein intake. Weightlifters can use Thermojetics® Formula 1 Protein Drink, add milk, fruit and two level tablespoons of Thermojetics® Performance Protein Powder and easily reach the 25 grams of protein recommended for a post-workout replacement shake.
- Variety of uses: Thermojetics® Performance Protein Powder is ideal for use in shakes, beverages, soups and pasta sauces. It mixes easily in any beverage hot or cold, turning many foods into a complete meal.
- Combine with other products: Thermojetics® Performance Protein Powder can be used in conjunction with the Thermojetics® Weight-Management Programs and Herbalife’s entire line of nutritional products.

## Did You Know?

According to the Food and Drug Administration, soy offers a “complete” protein profile. Soybeans contain all the amino acids essential to human nutrition, which must be supplied in the diet because they cannot be synthesized by the human body. Soy protein products can replace animal-based foods—which also have complete proteins but tend to contain more fat, especially saturated fat—without requiring major adjustments elsewhere in the diet. Performance Protein Powder also contains heart-healthy soy protein.

## Fast Facts

- Helps maintain adequate and recommended protein intake.
- Contains approximately 5 grams of protein per level tablespoon.
- Includes soy protein, which contains isoflavones that can help maintain healthy cholesterol.
- Contains whey protein, rich in cystine and methionine, which are vital to muscle development.
- Has no fat, sugar, carbohydrates, yeast, cholesterol, salt, lactose, sweeteners or artificial colors.
- Mixes in any beverage, hot or cold.



## NUTRITION FACTS

Serving Size: 1 tablespoon (6 g)  
Servings per container: 40

	Amount Per Serving		
Calories			20
Calories from Fat			0
			% Daily Value*
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	60 mg		3%
Potassium	10 mg		<1%
Total Carbohydrate	0 g		0%
Dietary Fiber	0 g		0%
Sugars	0 g		0%
Protein	5 g		10%
Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%

Total Fat	Calories	2,000	2,500
Sat. Fat	Less Than	65 g	80 g
Cholesterol	Less Than	20 g	25 g
Sodium	Less Than	300 mg	300 mg
Potassium	Less Than	2,400 mg	2,400 mg
Total Carbohydrate		3,500 mg	3,500 mg
Dietary Fiber		300 g	375 g
Protein		25 g	30 g
		50 g	65 g
Calories per gram:	Fat 9	Carbohydrates 4	Protein 4

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

Ingredients: Soy protein isolate, whey protein concentrate, natural flavor and silicon dioxide.

Suggested Serving: One tablespoon of powder (6 grams). Take one-to-three servings daily. Ideal for use in shakes, beverages, sauces, soups and gravies.

## Ordering Details

#0242

\$17.95