

SUPPLEMENT FACTS

Serving Size: 1 scoop (32 g)

Servings Per Container: 25

	Amount Per Serving	% Daily Value†
Calories	120	
Calories from Fat	5	
Total Fat	1 g	1%
Cholesterol	20 mg	7%
Total Carbohydrates	11 g	4%
Dietary Fiber	1 g	4%
Sugar	5 g	**
Protein	18 g	36%
Calcium (from whey protein concentrate, milk protein isolate, egg albumin, whey protein isolate)	100 mg	10%
Sodium	100 mg	4%
Potassium (from whey protein concentrate, egg albumin, milk protein isolate, whey protein isolate)	100 mg	3%

†Percent Daily Values are based on a U.S. 2,000-calorie daily diet.

**Daily Value not established.

INGREDIENTS: Whey protein concentrate, Natural carbohydrate complex (Dextrose, Maltodextrin), Milk protein isolate, Egg albumin, Whey protein isolate, L- glutamine, Inulin, Carrageenan, Xanthan gum, L-arginine, L-isoleucine, Papain, Protease, Lactase, and Lipase.

ALLERGEN STATEMENT: This product contains egg (egg albumin), milk (milk protein isolate, whey protein concentrate, whey protein isolate), and soy (whey protein concentrate, whey protein isolate).

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any medical conditions. Keep out of reach of children.

BEACHBODY®
EXTREME NUTRITION

HARDCORE

BASE
SHAKE

WHEY PROTEIN-PERIOD*

30-DAY SUPPLY • DIETARY SUPPLEMENT

NET WT 1 LB 12.2 OZ (800 G)

Added muscle mass. Minus the breakdown.*

Monstrous, carved muscles start here. This Base Shake was formulated to help maximize new muscle growth and reduce muscle breakdown—at the same time.* A flavor-neutral base lets you whip up your shake just the way you want it.

- Exclusive blend of 18 grams of high-quality, fast- and slow-digesting proteins
- Includes whey protein isolate—the highest-quality and most expensive whey protein
- Contains digestive enzymes to enhance protein utilization and reduce gas and bloating*
- No artificial colors, flavors, or sweeteners

WHY IT WORKS: Helps to build muscle and minimize muscle breakdown simultaneously, getting you undeniably massive—quickly and naturally.*

DIRECTIONS: Mix 1 scoop (32 grams) with 6 to 8 ounces water or other beverage (such as milk or juice). Add your favorite ingredients (juices, raw eggs,† sprouts, etc.) and any of the Beachbody® supplements specially designed to work with the Hardcore Base Shake. **For optimal results, use with Beachbody Super Suma supplement.**

*** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.**

†Consult your physician before consuming raw or undercooked eggs.

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