



High Quality Weight Loss & Bariatric Products

522 Amherst Street
Nashua, NH 03063

Phone: 1-800-649-1374
Website: www.NashuaNutrition.com

Thank you for purchasing protein samples from Nashua Nutrition.
Here are the directions to use the samples... *Note: Each sample is 1 full serving.*

4Ever Fit - Fruit Blast Whey Isolate

Mix one scoop of Fruit Blast with 8 ounces of water.

Bariatric Advantage – Meal Replacement

Add 2 rounded scoops of powder to 8oz of cold water. Mix in a shaker cup or blender until dissolved.

BSN - Lean Dessert

Take 1 heaping scoop with 4-5 oz. of cold water or any beverage of your choice.

BSN - Syntha-6

Take 1 scoop with 4-5 oz. of cold water or any beverage of your choice.

IDS - Multi Pro Whey Isolate Blend

Mix 1 scoop with 6 ounces of water.

For added calories and protein, mix with milk. Stir and/or shake until dispersed and immediately drink.

Nature's Best – Isopure

Mix 2 scoopfuls with 12 fluid ounces of water in a shaker or blender.

Next Protein's - Designer Whey

Add 1 scoop to 3 oz of water.

Optimum Nutrition - 100% Whey

Take 1 heaping scoop with 6-8 oz. of cold water or any beverage or your choice.

Optimum Nutrition - Any Whey

Simply add one level scoop of 100% Any Whey Protein to any of your favorite foods. This product is instantized so it will mix easily with any liquid or semisolid food items. Slowly add one serving of the 100% Any Whey Protein to the food item under gentle agitation with a spoon. When adding to heated items it is generally better to stir this product in at the end of the cooking cycle. Doing so will minimize denaturing of the protein and improve the consistency of the end result.

Syntrax - Nectar

Mix 1 scoop with 8 ounces of water.

Syntrax - Matrix

Mix 1 scoop with 8 ounces of water or milk.

Syntrax – Nectar Medical

Mix 1 scoop per 4-16 ounces of your favorite beverage or food.

To purchase a larger jug of your favorite protein, please go to www.NashuaNutrition.com

Sincerely,

Eric Godshall - Owner
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www.NashuaNutrition.com
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