

Nashua Nutrition

High Quality Weight Loss & Bariatric Products

522 Amherst Street Suite #1

Nashua, NH 03063

Phone: 1-800-649-1374

Fax: 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.*

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.

Nature's Best - Isopure

Mix 2 scoops 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 of 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.

PVL - Whey Gourmet

Mix or shake 1 scoop 6oz milk, water, or juice.

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

Nashua Nutrition, LLC.

www.NashuaNutrition.com

(800) 649-1374

