

TRME™ GO PROTEIN+

Discover the plus factor of TRMe GO. Whether you enjoy spending time at the gym or want more energy for your daily walks, our overachieving formulas are made to help boost what you can do. More fitness to more fun. More results to more enjoyment. Specialized benefits help you feel amazing as you get the most out of your exercise. TRMe GO—the right fit for your fitness goals.



MEET PROTEIN+

Drink up to upgrade your daily workout with TRMe GO Protein+. Our naturally colored, flavored, and sweetened protein powder is made with clean, proven ingredients that take it a step above the competition. Premium and fast-acting Whey Protein, packed with a complete amino acid profile, works with our GO Enzyme Blend to provide an optimal one-two combo that supports muscle health, repair, and your efforts to build muscle, while also helping you recover from your workouts smarter.* Add the plus factor of TRMe GO Protein+ to your exercise and do more with a higher-performance protein shake.

WHY YOU'LL LOVE IT

- Features a complete amino acid profile and supports amino acid absorption.*
- Supports your efforts to build muscle.*
- Supports muscle health, repair, and your exercise efforts.*
- Supports recovery from exercise.*
- Supports protein digestion.*
- Formulated to be keto-friendly.
- Made using our 6S Quality Process to maintain the highest quality, efficacy, and safety standards through each and every stage of development and manufacturing.

WHAT POWERS IT

- **100% Whey Protein**—a premium, fast-acting protein containing a full spectrum of essential and branched-chain amino acids that supports muscle health, repair, and your exercise efforts, while helping you more effectively recover from your workouts. This instantized ingredient mixes quickly with liquids and stays mixed longer than other types of protein available.

- **GO Enzyme Blend**—unique digestive protease enzymes help you get the most out of your daily workout by supporting protein digestion and amino acid absorption.*

HOW TO USE IT

Mix one level scoop of powder with eight ounces (237 mL) of cold water or your favorite beverage. Or you can mix one scoop into your TRMe GO Recovery+ drink for a tasty combined experience. Take within 30 minutes after exercise.

TRY THESE WITH IT

- TRMe GO PreWorkout+
- TRMe GO Recovery+
- ageLOC® R2
- LifePak®
- OverDrive®
- CordyMax CS-4®

LEARN MORE ABOUT IT

When is the best time to take TRMe GO Protein+?

Consuming protein within 30 minutes after exercising has been shown to increase muscle protein synthesis, which supports muscle health and repair and exercise recovery.*

What is the benefit of a protein supplement?

Overall nutrition plays an important role in reaching your fitness goals. Consuming effective amounts of protein supports muscle health and repair, aids in fitness recovery, and provides a sustained source of energy.

Will TRMe GO Protein+ make me bulky?

No. The protein found in Protein+ is designed to help support muscle health and repair.* Genetics, your overall diet, and your workout plan determine whether or not you get bulky.

* 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.

TRME™ GO PROTEIN+

How is whey a fast-acting protein?

Whey protein digests quickly and thus supports muscle health and repair immediately after your workout.

What are amino acids?

Amino acids are the building blocks of protein and help with many different functions in the body. Your body creates some of these amino acids already, but you need to get the rest from your diet. Protein+ contains a full amino acid profile including branched-chain amino acids (BCAAs) to support muscle and exercise recovery.

How is TRMe GO Protein+ keto-friendly?

Protein+ has under three grams of net carbohydrates (total carbs minus fiber and sugar alcohols). This is below carbohydrate amounts commonly recommended for people following a keto eating plan. Net carbohydrates is not a term recognized by the FDA.

Can anyone take TRMe GO Protein+?

We recommend Protein+ for adults 18 and older. Consult with your doctor before beginning any exercise program. Protein+ is not recommended for children or pregnant or nursing women.

How does TRMe GO Protein+ support Nu Skin's commitment to sustainability?

As responsible stewards of our planet, we have proudly designed our TRMe GO Protein+ packaging with 27% recycled material. By purchasing TRMe GO Protein+, you're joining us in taking an active, engaged stride to ensure the future is bright for both the planet and each of us. Please visit www.nuskin.com/sustainability for more information and details on how to recycle.

THE SCIENCE THAT SUPPORTS IT

1. Tagawa R, Watanabe D, Ito K, Otsuyama T, Nakayama K, Sanbongi C, Miyachi M. Synergistic Effect of Increased Total Protein Intake and Strength Training on Muscle Strength: A Dose-Response Meta-analysis of Randomized Controlled Trials. *Sports Med Open*. 2022 Sep 4;8(1):110. doi: 10.1186/s40798-022-00508-w.
2. Witard OC, Jackman SR, Breen L, Smith K, Selby A, Tipton KD. Myofibrillar muscle protein synthesis rates subsequent to a meal in response to increasing doses of whey protein at rest and after resistance exercise. *Am J Clin Nutr*. 2014 Jan;99(1):86-95. doi: 10.3945/ajcn.112.055517.

3. Oben J, Kothari SC, Anderson ML. An open label study to determine the effects of an oral proteolytic enzyme system on whey protein concentrate metabolism in healthy males. *J Int Soc Sports Nutr*. 2008 Jul 24;5:10. doi: 10.1186/1550-2783-5-10.

WHAT'S IN IT

Supplement Facts

Serving Size: 1 Scoop
Servings Per Container: 20

Amount	Per Serving	%DV
Calories	120	
Total Fat	2 g	3%*
Total Carbohydrates	7 g	3%*
Dietary Fiber	0.67 g	2%*
Total Sugars	2 g	**
Sugar Alcohol	4 g	**
Protein	20 g	40%*
Iron	1 mg	6%
Phosphorous	17 mg	1%
Magnesium	12 mg	3%
Sodium	85 mg	4%
Potassium	116 mg	2%
GO Enzyme Blend (Digestive Protease Enzymes)	200 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established

INGREDIENTS

Whey Protein Concentrate, Xylitol, Alkalized Cocoa Powder, Natural Flavors (Chocolate, Vanilla Custard, Burnt Sugar), Gum (Guar, Acacia, Xanthan), Protease Enzyme Blend, Sea Salt, Stevia Rebaudioside A (from Stevia Rebaudiana Leaf Extract).

CONTAINS

Milk.

WARNINGS

Keep out of reach of children. Consult a physician prior to using this product if you are pregnant, lactating, or have a known medical condition. Do not use if safety seal is broken or missing. Discontinue use and consult a physician if any adverse reactions occur.

