

**POTENTIAL BENEFITS \***

(where ↑ = “enhances” or “increases” and ↓ = “reduces”)

- ↑ plasma levels of essential & non-essential amino acids (EAA & NEAA are required to build muscle and for overall health)(supplementation with proteins like those in **TEMPRO™** has been shown to produce rapid & sustained increases in plasma amino acid levels)
- ↑ nitrogen balance (a positive nitrogen balance promotes muscle building; a negative one can prevent it)
- ↑ net synthesis (gain) of myofibrillar & sarcoplasmic proteins (myofibrillar & sarcoplasmic proteins are required to build muscle)(proteins in **TEMPRO™** have been shown to increase the synthesis of both)
- ↑ mTOR & p70S6 kinase action (mTOR & p70S6 kinase are cellular “switches” involved in muscle protein synthesis) (when they are activated, protein synthesis increases)
- ↑ IGF-1 levels (IGF-1 is a growth factor that stimulates muscle protein synthesis)(proteins in **TEMPRO™** have been shown to increase the production of IGF-1 in muscle tissue in resistance exercising subjects)
- ↑ type I & II muscle fiber hypertrophy (proteins in **TEMPRO™** have been shown to increase the size of both muscle fiber types in resistance exercising subjects)
- ↑ muscle mass & thickness (proteins in **TEMPRO™** have been shown to produce greater gains in muscle mass & thickness from resistance exercise)
- ↑ muscle strength (proteins in **TEMPRO™** have been shown to produce greater gains in muscle strength from resistance exercise)
- ↑ meal satiety (higher-protein meals have been shown to reduce hunger in between meals)
- ↓ ad libitum energy intake (a higher-protein diet has been found to reduce the tendency to overeat)
- ↓ % body fat (supplementation with one of the proteins in **TEMPRO™** has been shown to produce greater decreases in body fat)
- ↑ calcium absorption (proteins in **TEMPRO™** may enhance calcium absorption and, thereby, bone mass & strength)
- ↑ recovery from training (by reducing muscle protein breakdown & increasing protein synthesis, **TEMPRO™** promotes faster recovery from resistance exercise)
- ↑ cognitive function & mood (eating a higher-protein meal has been shown to improve mood)
- ↑ overall appearance & performance



**DORIAN YATES  
NUTRITION**

# TEMPRO™

**MATRIX OF 7 COLD PROCESSED PROTEINS**

**NITROGEN BALANCE • PROTEIN SYNTHESIS  
MUSCLE MASS • STRENGTH**

**INDICATIONS:** **TEMPRO™** is indicated for advanced athletes seeking to increase their daily intake of high-quality proteins in an effort to maximize or preserve muscle mass and strength, and/or reduce body fat.

**Recommended Use:** Add 2-3 scoops of **TEMPRO™** to cold water and mix to the desired consistency in a blender or shaker cup.

Recommended by DY: For hard training athletes I recommend 1.5g of protein per pound of body weight per day (3.3g per kilogram) divide the total protein into 5-6 meals per day. Take **TEMPRO™** as instructed daily 2-3 times as part of your total protein intake.

**DORIAN YATES** is a former 6x Mr. Olympia, respected around the world for his knowledge of training and nutrition. Dorian's authentic, uncompromising personality style, and philosophies forever changed the sport of bodybuilding.

“**TEMPRO™** was developed by my scientific panel of PhDs, nutritionists and technical consultants. I supervised the entire process. The proteins in **TEMPRO™** are processed under cold temperatures to preserve their natural state. We use a diversified blend of 7 different proteins to support even faster and longer-lasting increases in protein synthesis and produce shakes with superior taste and texture. **TEMPRO™** is the most delicious and anabolically potent protein supplement you will ever try. I use it at least twice a day, as does every athlete I train.”



Dorian Yates 6x Mr. Olympia, President, DY

**Supplement Facts**

Serving Size: 2 scoops (45 g)  
Servings Per Container: 30 (3.0lbs)

Amount Per Serving	Calories from fat 27
Calories 180	
	<b>% Daily Value*</b>
Total Fat 3.0g	5%
Saturated Fat 1.5g	8%
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.0g	
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	4%
Potassium 255mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g**	
Protein 36 g	72%
Vitamin A 75IU	2%
Vitamin C 0mg	0%
Calcium 200mg	20%
Iron 0.4mg	2%
Phosphorus 150mg	15%
Magnesium 75mg	20%

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*2.0g Total Sugars as Lactose

**Ingredients:** **TEMPRO™** Cold Temperature Processed & Diversified Protein Blend (Micellar casein, Instant Whey Protein Isolate, Instant Whey Protein Concentrate, Egg Albumin, Glutamine Peptides, Whey Protein Hydrolysate, Microparticulate Whey Protein Concentrate), Dutch Process Cocoa(with alkali), Natural and Artificial Flavors, Acesulfame Potassium, Sucralose

**TEMPRO™** consists of a cold processed and carefully configured blend of 7 easily digested proteins including 4 varieties of whey plus egg white, micellar casein and glutamine-containing peptides. Each protein differs in terms of its speed of absorption and onset of anabolic action. This increases the opportunity for muscle-building effects when **TEMPRO™** is consumed in conjunction with resistance exercise, the mainstay of bodybuilding training. Studies have shown that consuming proteins like those found in **TEMPRO™** pre- and/or post-training produces greater increases in myofibrillar and sarcoplasmic protein, muscle mass, strength and IGF-1 levels, and greater reductions in body fat, among other benefits. **TEMPRO™** contains an abundance of micellar casein, which has been shown to produce longer-lasting increases in plasma amino acid levels and greater protein synthesis. **TEMPRO™** was repeatedly tested by Dorian and his scientific panel using different flavoring systems until they arrived at what he feels is the most delicious protein supplement you will ever try.

Manufactured in U.S.A. for Dorian Yates Nutrition Inc.  
www.dorianyatesnutrition.com  
For questions and concerns please call toll free: 877-396-3366  
Dorian Yates Nutrition, Inc. 295 Durham Ave, South Plainfield, NJ 07080

**54g**  
**PROTEIN**  
Dietary Supplement

PROTEIN SHAKE MIX

**CHOCOLATE**

Net Weight: 3 lb (1362 g)

**WARNING:** **TEMPRO™** is intended for use as a supplement to the diet only. Do not use for weight reduction or as your only source of calories.  
**Allergen Statement:** **TEMPRO™** contains ingredients derived from milk, eggs and wheat. **KEEP OUT OF REACH OF CHILDREN.**

Because it is packaged by weight rather than volume, some settling of the contents of this bottle may occur.

\*The statements on this label have not been evaluated by the FDA. This product is not intended to diagnose, prevent, cure, or treat any disease.



312 Alliance Road  
Milton, Ontario L9T 2V2  
(905) 875-0220

Program CS4  
Scale 100%  
Dimensions 5.5 X 17.37 inches

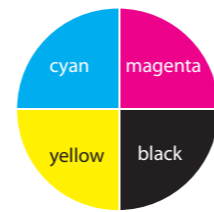
Docket PAK292484  
Client Dorian Yates  
Brand TEMPRO  
Project Label  
Date 10-Dec-2009

All placed ART is for position only • Dielines are for position only • No trapping has been applied to this document

Client Final Approval of this art work for production Date:

Empress Packaging has made every effort to ensure that this digital art is accurate. Approval of this proof is the client's responsibility. You are advised to review this material carefully before signing for release of this artwork for production. We do not accept responsibility for errors or omissions not marked on this proof.

**IMPORTANT: PLEASE NOTE!**  
THESE COLOURS ARE FOR REFERENCE ONLY AND SHOULD BE MATCHED TO THE APPROPRIATE PMS COLOUR CHIP/S. SOME ADJUSTMENT MAY HAVE TO BE MADE TO COLOUR/S AT FILM STAGE TO ENSURE COLOUR ACCURACY.



four color process

DY BACKGROUND  
C:100 M:78 Y:0 K:54

**UNWIND DIRECTION**

