

RECOMMENDED USE:

For Post-Workout Recovery: Begin drinking 1 PURE PRO® 50 Shake immediately upon completing your workout.

PROTEIN WEIGHS heavily in everyone's workout recovery strategy. This is the shake for those who don't want to come up short. Whether your goal is to dominate the field or up your bench, 50 grams of milk and whey protein has a lot to offer. That's A.B.B. making greatness greater.

SUGGESTED USE: For healthy adults, consume enough protein to meet your daily protein requirements with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

SHAKE WELL BEFORE USE.
STORE IN A COOL, DRY PLACE.
REFRIGERATE AFTER OPENING.
TAMPER EVIDENT - PURCHASE ONLY IF SEAL IS INTACT.
CAUTION: CONTENTS UNDER PRESSURE; OPEN SLOWLY TO REDUCE POTENTIAL SPLASHING.



HI & ME 5c, OR 10c
CA CRV



PURE PRO 50

HI-PROTEIN
SHAKE



50g
PROTEIN

3g
SUGAR

1.5g
FAT

14.5 FL OZ (429 mL)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.
DO NOT USE FOR WEIGHT REDUCTION.

Nutrition Facts

Serving Size 1 Bottle (14.5 fl oz)

Amount Per Serving	
Calories 230	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Cholesterol 45mg	15%
Sodium 95mg	4%
Potassium 290mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 50g	100%

Calcium 100%

Not a significant source of trans fat, vitamin A, vitamin C or iron.
*Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: Water, Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate), Cellulose Gel, Natural and Artificial Flavor, Sucralose, Cellulose Gum, Acesulfame Potassium, Carrageenan, Red 3.

CONTAINS: MILK.

Distributed by:
**AMERICAN BODY
BUILDING PRODUCTS**

3500 Lacey Road, Suite 1200
Downers Grove, IL 60515

WARNING: Consuming this product can expose you to chemicals including bisphenol A (BPA), which are known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.