

DIRECTIONS: As a dietary supplement, add one scoop (34 g) of **100% Natural Dual-Action Protein Dietary Supplement Powder** to 8 fl oz of water, juice or milk (dairy, almond, oat, rice or soy) and mix or shake until smooth. For best results, liquid should be very cold. Mixes instantly without the use of a blender.

Bluebonnet's 100% Natural Dual-Action Protein is sourced from grass-fed cows that are not treated with antibiotics and recombinant bovine growth hormone (rBGH), also known as bovine somatotropin (BST).[†] Additionally, this product provides a dynamic blend of whey protein isolate and micellar casein that works throughout your workout and during the recovery phase at night. Whey protein isolate has the highest biological value (BV) of any protein on the market, which refers to a protein that has all the necessary essential amino acids for protein biosynthesis and is fast-acting to support amino acid replenishment required during and after strenuous activities. Plus, this revolutionary protein formula includes extended-action micellar casein that works well beyond strenuous activities to continually rebuild broken down muscle. While both whey protein isolate and micellar casein are rich

sources of branched chain amino acids (BCAAs) and glutamic acid, whey protein isolate alone provides the naturally occurring immunoglobulins that help support the immune system, which is transiently depressed during strenuous activity.*

Unlike the common practice of using heat-processed whey protein isolate and micellar casein that can denature (render useless) the protein and immunoglobulins, Bluebonnet employs a special low-temperature, microfiltration process that removes excess fat while leaving the protein underdenatured and immunoglobulins intact.*

For athletes, sports enthusiasts, weekend warriors and active individuals, take **Bluebonnet's 100% Natural Dual-Action Protein** with:

- ✓ **Bluebonnet's BCAAs Vegetable Capsules** for building and repairing muscle.*
- ✓ **Bluebonnet's Super Fruit Vegetarian SOD Cantaloupe Fruit Extract Vegetable Capsules** that contain naturally occurring superoxide dismutase (SOD) for reducing oxidative stress.*
- ✓ **Bluebonnet's L-Glutamine Powder** for building lean muscle.*
- ✓ **Bluebonnet's Nucleotide Complex 500 mg Vegetable Capsules** for producing energy and repairing muscle.*

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE.

KEEP OUT OF THE REACH OF CHILDREN.

SERVINGS PER CONTAINER ARE AN APPROXIMATE.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. THEREFORE, SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING.

† THE FEDERAL GOVERNMENT HAS DETERMINED THERE IS NO SIGNIFICANT COMPOSITIONAL DIFFERENCE IN THE MILK OR MILK BY-PRODUCTS FROM rBST OR rBGH TREATED OR UNTREATED COWS.

TYPICAL AMINO ACID PROFILE PER SERVING
Values are based on amino acid milligram percentages per 26 grams of protein in a single serving of **Bluebonnet's 100% Natural Dual-Action Protein Powder**.

Amino Acid	% Total Protein	mg
Alanine	4.3%	1110 mg
Arginine	3.1%	800 mg
Aspartic Acid	9.3%	2405 mg
Cystine	1.5%	390 mg
Glutamic Acid	19.6%	5105 mg
Glycine	1.8%	465 mg
Histidine	2.1%	550 mg
Lysine	8.8%	2285 mg
Methionine	2.5%	645 mg
Phenylalanine	3.7%	950 mg
Proline	7.8%	2015 mg
Serine	5.1%	1325 mg
Threonine	5.9%	1545 mg
Tryptophan	1.7%	430 mg
Tyrosine	2.9%	770 mg
Branched Chain Amino Acids		
Isoleucine	5.5%	1435 mg
Leucine	10.2%	2660 mg
Valine	6.0%	1565 mg
Protein Fractions		
Beta-Lactoglobulin	27%	9230 mg
Glycomacropeptides (GmP)	16%	4280 mg
Alpha-Lactalbumin	10%	3200 mg
Immunoglobulins (IgG)	2%	720 mg
Serum Albumins	<1%	250 mg

* 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.

Bluebonnet

100% NATURAL DUAL-ACTION PROTEIN WHEY+CASEIN

from free-roaming grass-fed cows

26g
MICROFILTERED
PROTEIN
PER SERVING



- No antibiotics/hormones (rBGH)[†]
- Fast-action whey protein isolate
- Extended-action micellar casein
- No artificial sweeteners/flavors
- Low sodium/cholesterol



Supplement Facts

Amount Per Serving	Serving Size 1 Scoop (34 g)	% Daily Value
Calories	130	
Total Fat	1 g	1**
Saturated Fat	0.5 g	3**
Cholesterol	10 mg	3
Total Carbohydrate	3.5 g	1**
Dietary Fiber	1.5 g	5**
Sugars	1 g	
Includes 0 g added sugars		0**
Protein	26 g	52**
Niacin (from cocoa)	500 mcg†	3
Calcium (from whey and casein)	230 mg†	18
Iron (from cocoa)	1 mg†	6
Phosphorus (from whey and casein)	125 mg†	10
Magnesium (from whey and casein)	25 mg†	6
Zinc (from whey and casein)	600 mcg†	5
Copper (from cocoa)	100 mcg†	11
Chloride (from whey and casein, sodium chloride)	90 mg†	4
Sodium (from whey and casein, sodium chloride)	80 mg†	3
Potassium (from whey and casein)	160 mg†	3
L-Glutamine	500 mg	*

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

Ingredients: Protein blend (whey protein isolate, calcium caseinate, micellar casein), Dutch cocoa, natural chocolate flavor, gum acacia, MCT oil, sunflower lecithin, soy lecithin, stevia extract (Reb A).

Contains: Milk and soybeans

Free of egg, fish, crustacean shellfish, tree nuts, peanuts and wheat. Also free of yeast, gluten, barley and rice.

Allergen Warning: Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

Bluebonnet's KOF-K Certification #K-0000700

† Mineral and vitamin content is based on an average; amounts may vary.

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Manufactured by
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WARNING Consuming this product can expose you to chemicals including lead and cadmium that 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

DIETARY SUPPLEMENT • INSTANTIZED POWDER
NET WT 1.05 lb (476 g)