## "SHAKEN, NOT STIRRED"

Mt. Capra's Double Bonded Protein™ is a high octane whole protein supplement produced from all natural goat's milk. It contains the complete full spectrum of amino acids from whey and casein proteins. The unique and natural blend of these two proteins provide a powerful muscle building supplement that triggers new muscle growth while suppressing muscle breakdown.

Double Bonded Protein™ is completely all natural and comes in a delicious chocolate flavor made with organic cocoa and other natural chocolate extracts.

## **Suggested Directions:**

Double Bonded Protein™ should always be 'shaken, not stirred." Take two heaping scoops twice a day with 8 oz. of water, juice or your favorite non-carbonated beverage. Shake vigorously. Try adding to your smoothies, yogurt, hot cereals, pancakes, muffins etc...



CHOCOLATE GOAT MILK PROTEIN

Supplement Facts

Serving Size: 2 heaping scoops (33.5 grams) Serving Per Container: 30

	Amount per Serving	% Daily Value*	Amino Acid Profile Asparagine: 2,230 m
Total Calories	124	1%	Threonine: 1,181 m
Calories from fat	9		Serine: 991 m
Fat	1g	1%	Glutamate: 3,316 m Proline: 1,260 m
Saturated Fat	0g	1000000	Methionine: 428 m
Trans Fat	0g		Valine: 1,221 m
Sodium	13mg	1%	Alanine: 1,154 m
Total Carbohydrat	PURCE TO	20/	Glycine: 491 m
Dietary Fiber	1.3g	2023	Methionine: 428 m Isoleucine: 1,127 m
Sugars	0g		Leucine: 2.526 m
Protein	21g	42%	Tyrosine: 907 m
Calcium	319 mg	32%	Histidine: 440 m
Curcium	59	3270	Histidine: 440 m Lysine: 2,074 mg
* Percent Daily Values based on a 2000 calorie diet			Arginine: 732 m Tryptophan: 70 m Phenylalanine:859 m

2,074 mg 732 mg 70 mg Phenylalanine: 859 mg Ingredients: Goat Milk Protein, Fermented Goat-Milk

Protein, Organic Cocoa Powder, Natural Chocolate Flavor, Guar Gum, Xanthan Gum, Stevia

## Made with Organic Cocoa

Manufactured by Mt. Capra Wholefoods 279 SW 9th St. Chehalis, WA 98532 1-800-574-1961 www.mtcapra.com

Product of the USA

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