# Nutrition Facts

Serving Size 2 scoops (40 g)
Servings Per Container about 11

| Amount Per Serving | |
|---|---|
| **Calories** 160 | Calories from Fat 15 |
| | % Daily Value* |
| **Total Fat** 2g | 3% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| **Cholesterol** 55mg | 18% |
| **Sodium** 100mg | 4% |
| **Potassium** 190mg | 5% |
| **Total Carbohydrate** 15g | 5% |
| Dietary Fiber 9g | 36% |
| Sugars 6g | |
| **Protein** 19g | 35% |
| Vitamin A | 2% |
| Vitamin C | 0% |
| Calcium | 20% |
| Iron | 4% |

* 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 |

Made from only the finest cold pressed, pasture fed cow whey protein concentrate, **Mercola Miracle Whey Protein Powder** is the perfect blend of one of the most nutritionally-complete, all-natural protein products available.

Guaranteed to please your palate, this fantastic tasting protein mix is power-packed with the complete spectrum of amino acids your body needs for quick muscle recovery after a brisk workout. Plus, because you need extra amino acids as you age, **Mercola Miracle Whey Protein Powder** gives your body the extra boost of nutritional energy it needs.

**Suggested use:** Mix two scoops (40g) with 8oz water or milk until desired consistency is reached. May be taken two to three times daily.

**INGREDIENTS:** Whey Protein Concentrate, Digestive Resistant Maltodextrin, Organic Sweet Whey, Organic Nonfat Dry Milk, Guar Gum, Blueberry Powder, Sunflower Lecithin, Luo Han Guo Juice Concentrate (For Sweetness), Medium Chain Triglycerides, Natural Flavor, Arabinogalactan.

**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

**Allergen Information:** Contains dairy and lecithin (derived from GM free sunflower seeds). Manufactured in the same facility as peanut containing products.

**DO NOT USE IF SEAL IS BROKEN. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.**

**Distributed by:**
Mercola Health Resources, LLC
3615 Exchange Ave.
Aurora Illinois 60504
(847) 252-4355
www.mercola.com

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DR. MERCOLA®
PREMIUM SUPPLEMENTS

# MIRACLE WHEY

## Protein Powder

Great Tasting Whey Protein Mix From Pasture Fed Cows

**Blueberry**
Naturally Flavored

Dietary Supplement

Net Wt. 1lb (454g)