

NATURE'S MOST COMPLETE PROTEIN SOURCE†

WHY PROVEN EGG™ 100% EGG WHITE PROTEIN?

21%

MORE EFFICIENT THAN WHEY PROTEIN IN BUILDING LEAN MUSCLE*



ONE SCOOP IS EQUAL TO 7 EGG WHITES

0 HORMONES, ANTIBIOTICS, DAIRY & LACTOSE

0 ARTIFICIAL FLAVORS, COLORS & SWEETENERS

SUGGESTED USE:
Mix one scoop (included) of PROVEN EGG™ 100% EGG WHITE PROTEIN in 4-8 ounces of water, almond milk, or coconut milk.

AS WITH ANY DIETARY SUPPLEMENT, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT, NURSING OR OTHERWISE UNDER MEDICAL SUPERVISION.

KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL DRY PLACE. STORE AWAY FROM HEAT AND MOISTURE.
TAMPER EVIDENT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov

†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.



PROVEN EGG™

100% EGG WHITE PROTEIN

25G PROTEIN

6.5G BCAAs

DAIRY FREE



Supplement Facts

Serving Size: 1 scoop (33g) Servings Per Container: 27	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0 g	0%
Cholesterol 0mg	0%
Sodium 380mg	25%
Potassium 330mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	**
Added Sugars 0g	**
Protein 25g	50%
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	0%
Phosphorous	3%
Magnesium	6%

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Values Not Established.

INGREDIENTS: Egg White Powder (From free-range Chickens not treated with hormones or antibiotics), Sunflower Lecithin, Natural Flavors & Stevia Extract.

Allergen Statement: Manufactured on equipment which processes products containing Milk, Egg, Soy Beans, Fish Oil, Tree Nuts and Peanuts.

Contains: Egg

INSTANTIZED (SUITABLE FOR COOKING)

FOR HEALTHY RECIPES, SMOOTHIES & MORE,
VISIT WWW.GASPARINUTRITION.COM



PROTEIN TYPE	PROTEIN EFFICIENCY RATIO	BIOLOGICAL VALUE	NET PROTEIN UTILIZATION	PDCAAS*
BEEF	2.9	80	73	0.92
BLACK BEANS	0	N/A	0	0.75
CASEIN	2.5	77	76	1.00
EGG	3.9	100	94	1.00
MILK	2.5	91	82	1.00
PEANUTS	1.8	N/A	N/A	0.52
SOY PROTEIN	2.2	74	61	1.00
WHEY GLUTEN	0.8	64	67	0.25
WHEY PROTEIN	3.2	104	92	1.00

* Protein Digestibility Corrected Amino Acid Score
Numerous methods exist to determine protein quality. These methods have been identified as protein efficiency ratio, biological value, net protein utilization, and protein digestibility corrected amino acid score (PDCAAS). Egg protein is one of the highest rated protein sources in all four (4) rating scales. The quality of a protein is vital when considering the nutritional benefits that it can provide.†

Egg protein is the most complete protein when compared to all other animal and plant-based sources.†

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