Read the entire label and follow the directions carefully prior to use.

DIRECTIONS: Mix one (1) scoop in approximately 4 to 8 ounces of water or beverage of choice (to taste) daily, or as recommended by a healthcare practitioner.

This product contains whey protein isolate from cows not treated with growth hormone (rBST). The whey protein isolate is made using a process known as Cross Flow Microfiltration, which produces an isolate that is 90% protein, 98% of it in the bioavailable undenatured form, and retains all important subfractions in their natural ratios.

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

WARNINGS:

• KEEP OUT OF REACH OF CHILDREN.

- DO NOT EXCEED RECOMMENDED DOSE.
- . Do not purchase if outer seal is broken or damaged
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

*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.

Store tightly closed in a cool, dry place.

Provon[®] is a registered trademark of Glanbia plc.



Typical Amino Acid Profile (Approximate a per servina):

Alanine	1.01g
Arginine	0.35g
Aspartic Acid	1.96g
Cysteine	0.41g
Glutamic Acid	2.68g
Glycine	0.33g
Histidine	0.21g
soleucine	1.17g
Leucine	1.75g
Lysine	1.52g
Methionine	0.35g
Phenylalanine	0.50g
Proline	1.09g
Serine	0.82g
Threonine	1.32g
Tryptophan	0.16g
Tyrosine	0.43g
Valine	1.05g

*Density may fluctuate but the content weight is as stated.

Wellness CODE[®] WHF **PROTEIN**

ISOLATE

CHOCOLATE FLAVOR

Net Wt. 437 g (0.96 lbs. or 15.4 oz.) **DIETARY SUPPLEMENT**

NON-GMO NO ADDED SUGAR

17G OF PROTEIN PER SERVING

Supplement Facts

Serving Size 1 Scoop (approx. 22 g) Servings Per Container About 20

Amount Per Serving	% Daily Value
Calories 80	
Total Fat 0.5 g	<1%⁺
Cholesterol <5 mg	<1%⁺
Sodium 55 mg	2%⁺
Potassium 140 mg	3%⁺
Total Carbohydrate 2 g	<1%⁺
Protein 17 g	
Calcium 86 mg	7% [†]
Phosphorus 45mg	4 % [†]
Magnesium 20 mg	5%†

**Daily Value not established. †Based on a 2.000 calorie diet.

Ingredients: Provon® 292 rBST free whey protein isolate, cocoa, maltodextrin, sunflower oil powder, guar gum, stevia extract, xanthan gum, rice starch, soy lecithin, natural chocolate flavor, modified food starch.

Contains milk and soybeans.

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