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# SOY PROTEIN INSTANTIZED POWDER

- VEGETARIAN FORMULA
- LOW FAT • ZERO CARBS
- ASPARTAME-FREE

**0g**  
CARBS



(See Side Panel)

**VANILLA FLAVOR**  
NATURAL & ARTIFICIAL FLAVORS

**NET WT. 16 oz. (453g)**

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



## SOY PROTEIN INSTANTIZED POWDER

**DIRECTIONS:** (Shake can before each use). For adults, take one (1) scoop (20g) as a food, blended with low fat milk, fruit or vegetable juice of your choice, or any low calorie flavoring or extract.

\*Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of Soy Protein Isolate Powder provides 17 grams of soy protein.

Our Protein Powder provides important nutrients the body needs every day for good health. It supplies the essential amino acids in a food supplement low in fats. This product is high in protein of superior nutritional value derived from Soy Protein Isolate, which is highly nutritional and essentially bland.

Soy Protein Powder can be used as a low-fat source of protein for your individual diet program. This product should not be used as a meal replacement.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if pull ring under cap is damaged or broken.

## Nutrition Facts

about 23 servings per container  
Serving size **1 scoop (20g)**

Amount per serving  
**Calories 80**

	% Daily Value**
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	0% • Calcium 20mg 2%
Iron 1.8mg	10% • Potassium 35mg 0%

\*\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Soy Protein Isolate, Soy Lecithin, Egg Albumin, Brewer's Yeast, Natural and Artificial Flavors, Papain, Bromelain.

Contains egg, wheat and soy ingredients.

No Artificial Color  
No Sugar, No Milk,  
No Lactose, No Fish.

Amino Acids  
(approximate values)  
per serving (20 g):

L-Alanine	734 mg
L-Arginine	1,291 mg
L-Aspartic Acid	1,973 mg
L-Cysteine	222 mg
L-Glutamic Acid	3,246 mg
L-Glycine	714 mg
**L-Histidine	442 mg
***L-Isoleucine	834 mg
***L-Leucine	1,396 mg
***L-Lysine	1,073 mg
***L-Methionine	223 mg
***L-Phenylalanine	886 mg
L-Proline	867 mg
L-Serine	887 mg
**L-Threonine	631 mg
***L-Tryptophan****	238 mg
L-Tyrosine	646 mg
***L-Valine	853 mg

\*\*\*Essential Amino Acids  
\*\*\*\*L-Tryptophan is naturally occurring, not added.

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**www.puritan.com**  
**1-800-645-1030**

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