



Low Fat*



No Soy Protein



Gluten Free

CINNAMON APPLE PROTEIN SHAKE

Adding more protein to your day is as easy as one scoop!



Instructions:

1 scoop Vanilla Cream Pure Protein® 100% Whey

1 small apple, cored and chopped

1 cup nonfat milk

¼ cup plain nonfat Greek style yogurt

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

4 ice cubes

Place all ingredients in a blender. Process until smooth and Enjoy!

OPTION - Add chopped walnuts on top and sprinkle with cinnamon

Visit PureProtein.com for more delicious recipes.



Active Nutrition

Pure Protein® 100% Whey Powder is delicious, convenient and fast-acting. This easy-to-mix, low fat, gluten free protein powder provides 25 grams of power-packed, nutritious protein in every serving - perfect for use any time of the day!*

• Provides Cross-Flow Ultrafiltered 100% Whey Protein Concentrate for high protein and low fat contents.

• Instantized Whey Proteins for easy mixing and complete dispersion in liquid.

• Supplies all the essential amino acids from protein to support lean muscle, strength and energy.*

• Contains electrolytes to maintain hydration or to rehydrate after workouts.*

Use Pure Protein® Any Time Of The Day Including:



Immediately After Exercise



With Meals



In Between Meals

3 Easy Ways To Prepare Pure Protein® Powder



Blender



Shaker



Glass & Spoon

VANILLA CREAM

Naturally & Artificially Flavored

25g PROTEIN

2g SUGAR

150 CALORIES

SUPPORTS LEAN MUSCLE & STRENGTH*



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PROTEIN POWDER SUPPLEMENT

NET WT 2.1 lb. (33.6 oz.) (952 g)

PURE PROTEIN®

100% WHEY

BONUS
20% MORE

SEE THE BACK PANEL FOR A DELICIOUS SMOOTHIE RECIPE

Supplement Facts

Serving Size 1 Scoop (39g)
Servings Per Container about 24

Amount Per Serving	%Daily Value
Calories	150
Total Fat	2.5 g 3% **
Saturated Fat	1 g 5% **
Cholesterol	90 mg 30%
Total Carbohydrate	8 g 3% **
Total Sugars	2 g ***
Includes 0g Added Sugars	0% **
Protein	25 g 50% **
Calcium	190 mg 15%
Phosphorus	120 mg 10%
Magnesium	15 mg 4%
Sodium	110 mg 5%
Potassium	150 mg 3%

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

INGREDIENTS: Protein Blend (Ultrafiltered Whey Protein Concentrate, Microfiltered Whey Protein Isolate), Maltodextrin, Natural and Artificial Flavors, Cellulose Gum, Sunflower Lecithin, Xanthan Gum, Calcium Carbonate, Calcium Phosphate, Acesulfame Potassium, Sucralose.

Contains milk ingredients.

Produced on equipment that also processes peanuts, tree nuts, soybean, egg, wheat, sesame, shellfish, and fish.
*See nutrition information for cholesterol content.

Typical Amino Acid Profile (milligrams per 39 g scoop****)

Essential Amino Acids	Nonessential Amino Acids
Histidine 488 mg	Alanine 1,292 mg
Isoleucine 1,509 mg	Arginine 885 mg
Leucine 2,617 mg	Aspartic Acid 2,489 mg
Lysine 2,291 mg	Cysteine 496 mg
Methionine 543 mg	Glutamic Acid 4,052 mg
Phenylalanine 860 mg	Glycine 511 mg
Threonine 1,816 mg	Proline 1,639 mg
Tryptophan***** 364 mg	Serine 1,376 mg
Valine 1,481 mg	Tyrosine 800 mg

*****L-Tryptophan is naturally occurring, not added.
****approximate values.

Directions: For adults, take one (1) scoop (39 g) with 6-8 ounces of water or your favorite beverage, one to two times daily. For maximum muscle support, consume 1-2 scoops twice per day with at least 1-2 scoops taken immediately after exercise.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

NOTICE: For weight reduction, use only as directed in the Pure Protein diet plan on www.pureprotein.com. Do not use in diets supplying less than 400 Calories per day without medical supervision.

Contents are sold by weight. Some settling may occur.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Each serving contains over 5 grams of the following Branched Chain Amino Acids from protein, which typically provides:

- Isoleucine..... 1.51 g
- Leucine..... 2.62 g
- Valine..... 1.46 g

*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.

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Worldwide Sport Nutritional Supplements, Inc.
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For questions or reorders call: 1-800-854-5019
or visit our website at www.pureprotein.com