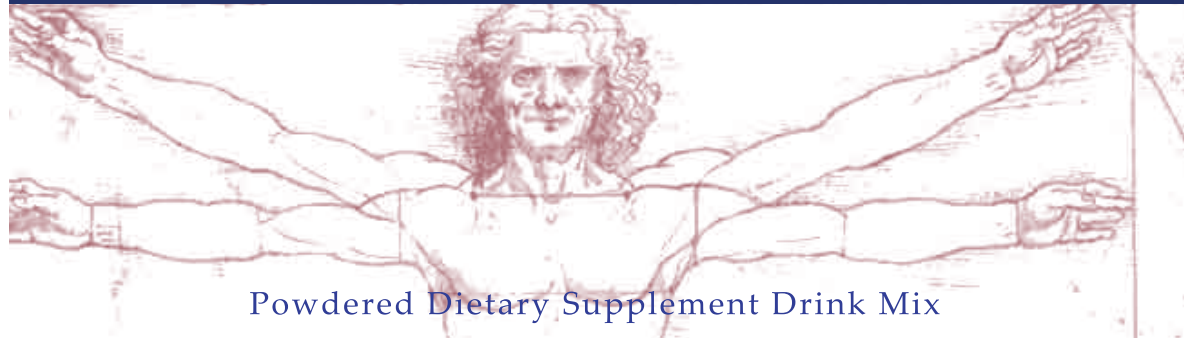


DR. MERCOLA®
PREMIUM SUPPLEMENTS

ALL Natural

Pro-Optimal Whey™



Powdered Dietary Supplement Drink Mix

Chocolate Flavor
Net Weight 1.2 lbs (540 g)

Supplement Facts

Serving Size 1 scoop (30 grams)
Servings Per Container 18

Amount Per Serving			Amount Per Serving		% Daily Value
Calories	110	Calories from Fat 20	Vitamin B12 (as Methylcobalamin)	6 mcg	100%
		% Daily Value	Biotin (as d-biotin)	100 mcg	30%
Total Fat	2.5 g	4%*	Calcium	80 mg	8%
Saturated Fat	0.5 g	0%*	Iron	0 mg	0%
Trans Fat	0 g	†	Magnesium	48 mg	10%
Cholesterol	25 mg	8%*	(TRAACS® magnesium glycinate chelate buffered)		
Sodium	125 mg	5%*	Zinc	3.3 mg	20%
Potassium	190 mg	5%*	(TRAACS® zinc glycinate chelate)		
Total Carbohydrates	5 g	2%*	Chromium	50 mcg	40%
Dietary Fiber	<1 g	3%*	(TRAACS® chromium nicotinate glycinate chelate)		
Sugars	4 g	†			
Protein	17 g	35%*	Total Glutamine Value	3.9 g	†
Vitamin C	90 mg	150%	Bound Glutamic Acid (Proserum®)	3 g	
(as Ascorbic Acid)			L-Glutamine	900 mg	
Vitamin E	20 IU	70%	Immunoglobulins (Proserum® Whey Protein)	2.1 g	†
d-gamma tocopherol	40 mg		Conjugated Linoleic Acid (CLA)	120 mg	†
d-delta tocopherol	17 mg		Taurine	95 mg	†
d-alpha tocopherol	9 mg		n-zymes™	50 mg	†
d-beta tocopherol	1 mg		Amylase	2200 DU	
Vitamin B1	2.5 mg	160%	Protease 4.5	5000 HUT	
(as Thiamine Mononitrate)			Protease 3.0	10.7 SAPU	
Vitamin B2	2.1 mg	120%	Protease 6.0 (Concentrate)	2000 HUT	
(as Riboflavin)			Lactase	400 ALU	
Vitamin B3	4 mg	20%	Inositol	48 mg	†
(as Niacinamide)					
Vitamin B6	2.5 mg	120%			
(as Pyridoxine HCl)					

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

Other Ingredients: Proprietary Whey Protein Concentrate from Milk (Proserum®), Natural Chocolate Flavor, Sunflower Lecithin, Stevia Leaf Extract, Natural Vanilla Flavor, Vegetable Cellulose.

Contains milk. This product does not contain fish, shellfish, peanuts, tree nuts, eggs, soy protein, wheat, gluten, artificial colors, flavors or preservatives.

Pro-Optimal Whey: Highest Quality Ingredients and Formulation

When used with a balanced whole foods diet, Pro-Optimal Whey is designed to help promote an optimal intake of protein, fats, carbohydrates, vitamins and minerals needed for overall wellness. Pro-Optimal Whey is made with Proserum®, native whey protein concentrate. It maintains the full range of all the fragile immune-boosting and regenerative components naturally present in fresh raw milk. It is produced using proprietary filtration and drying which involves minimal processing. This unique production method ensures that the whey is not subjected to temperatures that would destroy the original components. We do not use cross-flow filtration, microfiltration, hydrolyzation or ion exchange methods which denature the original proteins which come from herds that graze year-round on disease-free, pesticide-free, chemical-free, natural grass pastures. Milk from grass-fed cows has many times higher levels of CLA and contains a proper balance of essential fatty acids. The milking cows are never fed grain or subjected to any growth hormone treatment, chemicals, antibiotics, genetically modified organisms, hyperimmunization or injected pathogens. The result is the highest quality protein formulation available.

Better than Soy

Whey protein is nature's richest source of biologically active protein. Unlike soy protein, which is low in the amino acid methionine, whey protein contains all the amino acids the body needs in the best balance yet discovered in any food.

Recommended Use: Mix one scoop (30 grams) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner. Pro-Optimal Whey may be blended into a shake if desired. Pro-Optimal Whey is not intended to be the sole source of calories, but used as part of an overall program of healthy eating. Ingest on an empty stomach and do not eat for 30 minutes afterward. If you experience intestinal discomfort consuming this product, slowly add the recommended serving size to your daily intake until one scoop is easily tolerated.

Whey protein is derived from milk. We have added the proprietary full spectrum enzyme blend n-zymes™ which contains lactase and proteases. This blend was added to aid in digestion of the small amount of lactose present and to assist in the breakdown and assimilation of the various high quality proteins found in milk.

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

*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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