## DR. MERCOLA®

PREMIUM SUPPLEMENTS

ALL Natural

# Pro-Optimal Whey<sup>TM</sup>



Strawberry Flavor
Net Weight 1.2 lbs (540 g)

### **Supplement Facts**

Amount Doc Coming

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

Amount Per Serving

Calories	110 Calori	es from Fat 20
		% Daily Value
Total Fat	2 g	3%*
Saturated Fat	0 g	0%
Trans Fat	0 g	t
Cholesterol	20 mg	7%*
Sodium	70 mg	23%*
Potassium	120 mg	3%*
Total Carbohydrates	6 g	2%*
Dietary Fiber	1 g	4%*
Sugars	3 g	t
Protein	17 g	35%*
Vitamin C	90 mg	150%
(as Ascorbic Acid)		
Vitamin E	20 <b>I</b> U	70%
d-gamma tocopherol	40 mg	
d-delta tocopherol	17 mg	
d-alpha tocopherol	9 mg	
d-beta tocopherol	1 mg	
Vitamin B1	2.5 mg	160%
(as Thiamine Mononitrat	e)	
Vitamin B2	2.1 mg	120%
(as Riboflavin)		
Vitamin B3	4 mg	20%
(as Niacinamide)		
Vitamin B6	2.5 mg	120%
(as Pyridoxine HCI)		

Amount Per Serving % Daily		aily Value
Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Biotin (as d-biotin)	100 mcg	30%
Calcium	80 mg	8%
Iron	0 mg	0%
Magnesium	48 mg	10%
(TRAACS® magnesium glycinate chelate bufl	ered)	
Zinc	3.3 mg	20%
(TRAACS® zinc glycinate chelate)		
Chromium	50 mcg	40%
(TRAACS® chromium nicotinate glycinate ch	elate)	
Table 1 WI	2.0	
Total Glutamine Value	3.9 g	
Bound Glutamic Acid (Proserum®)	3 g	
L-Glutamine	900 mg	
Immunoglobulins (Proserum® Whey Protein)		†
Conjugated Linoleic Acid (CLA)	120 mg	†
Taurine	95 mg	†
n-zymes™	50 mg	Ť
Amylase	2200 DU	
Protease 4.5	5000 HUT	
Protease 3.0	10.7 SAPU	
Protease 6.0 (Concentrate)	2000 HUT	
	400 ALU	
Lactase	400 ALU	+

\*Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Proprietary Whey Protein Concentrate from Milk (Proserum®), Natural Strawberry Flavor, Sunflower Lecithin, Stevia Leaf Extract. 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, mirrofiltration, 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 Sov

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 ear for 30 minutes afterward. Ramping up slowly is advisable to avoid possible uncomfortable responses. If you experience intestinal discomfort consuming this product, slowly add the recommended serving size to your daily intake until on escoop 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.



Proserum® is a registered trademark of Wellwisdom, LLC.
TRAACS is a registered trademarks of Albion Laboratories Inc.

Distributed by: Mercola Health Resources, LLC. 3615 Exchange Avenue Aurora, IL 60504 www.mercola.com | (847) 252-4355



2287-v303