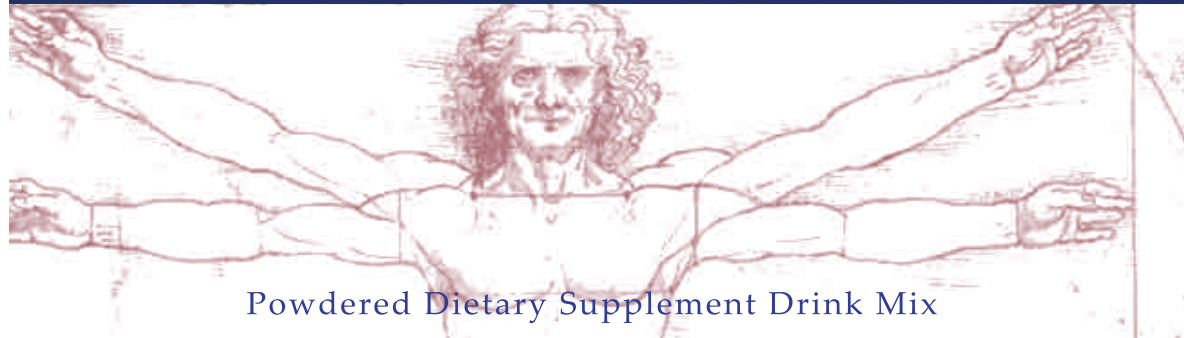


DR. MERCOLA®
PREMIUM SUPPLEMENTS

ALL Natural

Pro-Optimal Whey™



Powdered Dietary Supplement Drink Mix

Vanilla 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			
		% Daily Value			
Total Fat	2 g	3%*	Vitamin B12 (as Methylcobalamin)	6 mcg	100%
Saturated Fat	0 g	0%	Biotin (as d-biotin)	100 mcg	33%
Trans Fat	0 g	†	Calcium	80 mg	8%
Cholesterol	20 mg	7%*	Iron	0 mg	0%
Sodium	70 mg	3%*	Magnesium	48 mg	10%
Potassium	110 mg	3%*	(TRAACS® magnesium glycinate chelate buffered)		
Total Carbohydrates	6 g	2%*	Zinc	3.3 mg	20%
Dietary Fiber	1 g	4%*	(TRAACS® zinc glycinate chelate)		
Sugars	2 g	†	Chromium	50 mcg	40%
Protein	17 g	35%*	(TRAACS® chromium nicotinate glycinate chelate)		
Vitamin C	90 mg	150%	Total Glutamine Value	3.9 g	†
(as Ascorbic Acid)			Bound Glutamic Acid (Proserum®)	3 g	
Vitamin E	20 IU	70%	L-Glutamine	900 mg	
d-gamma tocopherol	40 mg		Immunoglobulins (Proserum® Whey Protein)	2.1 g	†
d-delta tocopherol	17 mg		Conjugated Linoleic Acid (CLA)	120 mg	†
d-alpha tocopherol	9 mg		Taurine	95 mg	†
d-beta tocopherol	1 mg		n-zymes™	50 mg	†
Vitamin B1	2.5 mg	160%	Amylase	2200 DU	
(as Thiamine Mononitrate)			Protease 4.5	5000 HUT	
Vitamin B2	2.1 mg	120%	Protease 3.0	10.7 SAPU	
(as Riboflavin)			Protease 6.0 (Concentrate)	2000 HUT	
Vitamin B3	4 mg	20%	Lactase	400 ALU	
(as Niacinamide)			Inositol	48 mg	†
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 Vanilla Flavor, Sunflower Lecithin, 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.



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



2285-v302