



WHEY PRO COMPLETE

DIETARY SUPPLEMENT

8320

Suggested Use: 1-3 shakes per day,
or as directed. 1 packet per shake.
Store in a cool, dark place.

Net Wt 20 g (0.7 oz)



Caution: This product is processed in a facility that manufactures other products containing soy, milk, egg, wheat, peanut, tree nuts, fish, and shellfish.

Supplement Facts

Serving Size: 1 Packet
Servings per Packet: 1

	Amount per Serving	%Daily Value
Calories	80	
Total Fat	0.5 g	1%*
Cholesterol	25 mg	8%
Total Carbohydrate	2 g	1%*
Total Sugars	1 g	†
Protein	15 g	30%*
Calcium	40 mg	3%
Sodium	40 mg	2%
Proprietary Blend	20 g	†
Nondenatured whey protein concentrate (milk), nondenatured whey protein isolate (milk), colostrum (bovine), inulin (chicory root fiber), and lecithin (soy).		

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

Suggested Recipe

1 packet of Whey Pro Complete

8 oz water or your preferred liquid
(increase for desired consistency)

1-1½ cups of your favorite fresh or
frozen fruit or vegetables (If vegetables
are used, there is no restriction
regarding quantity.)

1Tbsp high-quality oil (e.g. flaxseed oil)

Directions:

Thoroughly blend all ingredients
together. Wait a few minutes and then
add additional water and/or fruit or
vegetables until you achieve the desired
consistency and flavor. Refrigerate until
ready to consume.

Can be added to SP Complete®, other
shakes, or a variety of foods or liquids.

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