

DIRECTIONS:

As a dietary supplement, add one scoop (31 g) of **Bluebonnet's Whey Protein Isolate Powder** to 8 fl oz of water, juice or milk (dairy, almond, oat, rice or soy) and mix or shake until smooth. For best results, liquid should be very cold. Mixes instantly without the use of a blender.

READY-TO-USE

WATER

MILK

SMOOTHIES

CLEAN & FAST-ACTING PROTEIN

Sourced from grass-fed, pasture-raised cows not treated with hormones (rBST/rBGH) or antibiotics.†

Undenatured, microfiltered whey protein isolate with important immunoglobulins.

Optimal lean muscle growth & recovery and quickly replenishes the body's amino acid pool. ♦

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FREE

RECYCLE BOTTLE

Bluebonnet's KOF-K Certification #K-0000700

KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE AWAY FROM HEAT, LIGHT AND MOISTURE.

SERVINGS PER CONTAINER ARE AN APPROXIMATE.

NOTE: THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. THEREFORE, SETTLING OF CONTENTS MAY OCCUR DURING SHIPPING.

CAUTION: FOR ADULTS ONLY. CONSULT PHYSICIAN IF PREGNANT/NURSING, TAKING MEDICATION, OR HAVE A MEDICAL CONDITION. KEEP OUT OF REACH OF CHILDREN.

† NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN BETWEEN MILK DERIVED FROM rBST (rBGH) TREATED AND NON-rBST (rBGH) TREATED COWS. MADE IN USA FROM DOMESTIC AND IMPORTED INGREDIENTS.

WARNING Consuming this product can expose you to lead which is known to the State of California to cause cancer or birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

TYPICAL AMINO ACID PROFILE PER SERVING

Values are based on amino acid milligram percentages per 26 grams of protein in a single serving of **Bluebonnet's Whey Protein Isolate Powder**.

Amino Acid	% Total Protein	mg
Alanine	4.2%	1100 mg
Arginine	2.3%	610 mg
Aspartic Acid	8.9%	2315 mg
Cystine/Cysteine	1.8%	465 mg
Glutamic Acid	15.1%	3920 mg
Glycine	1.6%	405 mg
Histidine	1.5%	390 mg
Lysine	8.0%	2090 mg
Methionine	1.9%	505 mg
Phenylalanine	2.7%	690 mg
Proline	4.9%	1275 mg
Serine	4.3%	1120 mg
Threonine	5.9%	1530 mg
Tryptophan	1.4%	370 mg
Tyrosine	2.5%	640 mg
Branched Chain Amino Acids		
Isoleucine	4.9%	1265 mg
Leucine	9.2%	2380 mg
Valine	5.0%	1290 mg
Protein Fractions		
Beta-Lactoglobulin	60%	15,600 mg
Glycomacropeptides (GmP)	15%	3900 mg
Alpha-Lactalbumin	15%	3900 mg
Protease Peptone 5	5.0%	1300 mg
Immunoglobulins (IgG)	2.0%	520 mg
Serum Albumins	<1%	250 mg

Values are based on an average calculation of Whey Protein Isolate.

♦ 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.



Bluebonnet

FROM GRASS-FED COWS

WHEY PROTEIN ISOLATE

FAST-ACTING POWDER

ORIGINAL FLAVOR

MUSCLE

FUEL • STRENGTH • GAIN • RECOVERY •

DIETARY SUPPLEMENT

NET WT. 1.1 lb. (496 g)

26g PROTEIN

4.9g BCAA

3.9g GLUTAMINE GLUTAMIC ACID

PER SERVING

NOTICE: USE AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

Supplement Facts

Serving Size 1 Scoop (31 g)

Servings Per Container 16

Amount Per Serving		% Daily Value
Calories	125	
Total Fat	0.5 g	<1%**
Saturated Fat	0.5 g	3%**
Cholesterol	15 mg	5%
Total Carbohydrate	3 g	1%**
Total Sugars	1.5 g	*
Protein	26 g	52%**
Calcium	90 mg	7%
Phosphorus	55 mg	4%
Magnesium	15 mg	4%
Sodium	45 mg	2%
Potassium	130 mg	3%

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

*Daily Value not established.

Ingredients: Whey protein isolate, natural vanilla flavor, sunflower lecithin, medium chain triglyceride oil.

Contains: Milk

Manufactured for Bluebonnet Nutrition Corp. 12915 Dairy Ashford Sugar Land, Texas 77478 USA bluebonnetnutrition.com

STAY CONNECTED

Allergen Warning: Manufactured in a facility that processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.