

meijer

# whey protein

POWDER BLEND  
DIETARY SUPPLEMENT

**Cookies & Cream**  
NATURAL & ARTIFICIAL FLAVOR

PER 2  
SCOOPS

**30g**  
PROTEIN  
60% DV

**3g**  
TOTAL  
SUGARS

**3g**  
TOTAL FAT  
4% DV

**180**  
CALORIES

**GOOD SOURCE OF CALCIUM**  
SEE NUTRITION INFORMATION  
FOR CHOLESTEROL CONTENT

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

NET WT 32 OZ (2 LB) 907g

## Supplement Facts

Serving Size 2 Scoops (45g)  
Servings Per Container About 20

|                          | Amount Per Serving | % Daily Value |
|--------------------------|--------------------|---------------|
| <b>Calories</b>          | <b>180</b>         |               |
| Total Fat                | 3g                 | 4%*           |
| Saturated Fat            | 2g                 | 10%*          |
| Cholesterol              | 80mg               | 27%*          |
| Total Carbohydrate       | 8g                 | 3%*           |
| Total Sugars             | 3g                 | †             |
| Includes 1g Added Sugars |                    | 2%*           |
| Protein                  | 30g                | 60%*          |
| Calcium                  | 140mg              | 11%           |
| Sodium                   | 110mg              | 5%            |
| Potassium                | 250mg              | 5%            |

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

**INGREDIENTS:** WHEY PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE), MALTODEXTRIN, CHOCOLATE COOKIE PIECES (RICE FLOUR, SUGAR, TAPIOCA STARCH, COCOA PROCESSED WITH ALKALI, PALM OIL, CORN STARCH, SALT, NATURAL FLAVORS, SODIUM BICARBONATE, SOY LECITHIN), CELLULOSE GUM, XANTHAN GUM, SOY LECITHIN (WITH ETHOXYLATED MONO-DIGLYCERIDES AND PROPYLENE GLYCOL), NATURAL AND ARTIFICIAL FLAVORING, DEXTROSE, GUM ARABIC, PROPYLENE GLYCOL, TRIACETIN, ACESULFAME POTASSIUM, SUCRALOSE, SILICON DIOXIDE (ANTICAKING AGENT), SALT, GLYCERINE. CONTAINS MILK AND SOY.

MANUFACTURED IN A FACILITY THAT ALSO  
PROCESSES WHEAT, EGG AND PEANUT.

DIST. BY MEIJER DISTRIBUTION, INC.  
GRAND RAPIDS, MI 49544  
www.meijer.com

Questions? Call 1-877-897-9896

Meijer® Whey Protein is a proprietary blend utilizing high quality protein. Whey protein is derived from milk. Meijer® Whey Protein provides a good source of calcium.

### DIRECTIONS

Mix two level scoops with 6-8 oz. of water. Try supplementing your favorite smoothie by adding your favorite fruit, ice and blend.

### OTHER USES

Supplement your meal by sprinkling on cereal and oatmeal or add to your favorite pancake, muffin, or waffle mix.

**WARNING:** DO NOT USE IF UNDER THE AGE OF 18, PREGNANT OR LACTATING, OR HAVE A HEART CONDITION. CONSULT WITH A PHYSICIAN BEFORE USING THIS PRODUCT IF YOU HAVE OR SUSPECT ANY MEDICAL CONDITIONS AND/ OR ARE TAKING ANY OVER THE COUNTER OR PRESCRIPTION MEDICATIONS.

**NOTICE:** PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. PRODUCT MAY SETTLE DURING SHIPPING AND HANDLING.

**KEEP OUT OF THE REACH OF CHILDREN.** STORE AT ROOM TEMPERATURE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT. FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

## Typical Amino Acid Profile from Intact Protein

as found in a 2 scoop (45g) serving of cookies & cream  
flavored Meijer® Whey Protein Powder Blend Supplement\*\*

|                 |        |                 |        |
|-----------------|--------|-----------------|--------|
| L-Alanine       | 1450mg | L-Lysine        | 2830mg |
| L-Arginine      | 1170mg | L-Methionine    | 610mg  |
| L-Aspartic Acid | 2990mg | L-Phenylalanine | 1070mg |
| L-Cysteine      | 640mg  | L-Proline       | 1730mg |
| L-Glutamic Acid | 4690mg | L-Serine        | 1560mg |
| L-Glycine       | 640mg  | L-Threonine     | 1910mg |
| L-Histidine     | 610mg  | L-Tryptophan    | 640mg  |
| L-Isoleucine    | 1640mg | L-Tyrosine      | 950mg  |
| L-Leucine       | 3110mg | L-Valine        | 1560mg |

Total BCAAs  
6310 mg

\*\*Values are  
approximate.

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