

**DIRECTIONS:** As a dietary supplement, add one scoop (34 g) of instantized Whey & Casein Protein Powder to 8 fl oz of cold water, milk (dairy, almond, oat, rice or soy) or beverage of choice and mix or shake until smooth. Mixes effortlessly using just a glass and spoon. For best results, take 30 minutes before or after workout. Can also be taken anytime during the day and in between meals.

**READY-TO-USE**



**CLEAN & HEALTHY PROTEIN**



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



Microfiltered whey protein isolate, micellar casein & calcium caseinate.



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

BLUEBONNET'S KOF-K CERTIFICATION #K-0000700

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

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. THIS PRODUCT REQUIRES AERATION AT THE TIME OF FILLING. NET WEIGHT AND SERVINGS ARE CLEARLY MARKED.

† 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](http://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 & Casein Protein Powder**.

Amino Acid	% Total Protein	mg
Alanine	4.3%	1110 mg
Arginine	3.1%	800 mg
Aspartic Acid	9.3%	2405 mg
Cystine	1.5%	390 mg
Glutamic Acid	19.6%	5105 mg
Glycine	1.8%	465 mg
Histidine	2.1%	550 mg
Lysine	8.8%	2285 mg
Methionine	2.5%	645 mg
Phenylalanine	3.7%	950 mg
Proline	7.8%	2015 mg
Serine	5.1%	1325 mg
Threonine	5.9%	1545 mg
Tryptophan	1.7%	430 mg
Tyrosine	2.9%	770 mg

**Branched Chain Amino Acids**

Isoleucine	5.5%	1435 mg
Leucine	10.2%	2660 mg
Valine	6.0%	1565 mg

**Protein Fractions**

Beta-Lactoglobulin	27%	9230 mg
Glycomacropeptides (GmP)	16%	4280 mg
Alpha-Lactalbumin	10%	3200 mg
Immunoglobulins (IgG)	2%	720 mg
Serum Albumins	<1%	250 mg

Values are based on a calculation combining Whey Protein Isolate, Micellar Casein and Calcium Caseinate.

\*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 & CASEIN**

CHOCOLATE FLAVOR



**PROTEIN POWDER**



MUSCLE FUEL •  
STRENGTH •  
GAIN •  
RECOVERY •

DIETARY SUPPLEMENT

NET WT. 1.05 lb (476 g)

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

**26g**

PROTEIN

**5.5g**

BCAA

**5.5g**

GLUTAMINE

GLUTAMIC ACID

PER SERVING

**Supplement Facts**

Serving Size 1 Scoop (34 g)  
Servings Per Container 14

Amount Per Serving		% Daily Value
Calories	130	
Total Fat	1.5 g	2%**
Saturated Fat	0.5 g	3%**
Cholesterol	15 mg	5%**
Total Carbohydrate	1 g	1%**
Dietary Fiber	0.5 g	2%**
Total Sugars	0.5 g	*
Protein	26 g	52%**
Calcium	160 mg	12%
Iron	0.7 mg	4%
Phosphorus	110 mg	10%
Magnesium	25 mg	6%
Copper	0.1 mg	11%
Sodium	130 mg	6%
Potassium	140 mg	3%
L-Glutamine	500 mg	*

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

Ingredients: Protein Blend (whey protein isolate, calcium caseinate, micellar casein), Dutch Cocoa, gum acacia, L-glutamine, natural flavors, medium chain triglyceride oil, salt, stevia extract (Reb A), sunflower lecithin.

**Contains: Milk**

Manufactured for  
**Bluebonnet Nutrition Corp.**  
12915 Dairy Ashford  
Sugar Land, Texas 77478 USA  
[bluebonnetnutrition.com](http://bluebonnetnutrition.com)

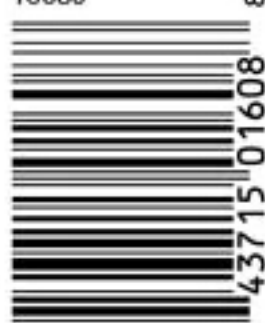


STAY CONNECTED



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

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