

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.



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 and recovery.*

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

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

PROTEIN POWDER

FRENCH VANILLA FLAVOR



MUSCLE FUEL •
 STRENGTH •
 GAIN •
 RECOVERY •

DIETARY SUPPLEMENT
 NET WT. 2.1 lb (952 g)

26g PROTEIN PER SERVING
 5.5g BCAA
 5.5g GLUTAMINE GLUTAMIC ACID

Supplement Facts

Serving Size 1 Scoop (34 g)
 Servings Per Container 28

Amount Per Serving		% Daily Value
Calories	130	
Total Fat	1 g	1%**
Saturated Fat	0.5 g	3%**
Cholesterol	15 mg	5%
Total Carbohydrate	2 g	1%**
Total Sugars	1 g	*
Includes 0.5 g of added sugars		1%
Protein	26 g	52%**
Calcium	160 mg	12%
Phosphorus	100 mg	8%
Magnesium	15 mg	4%
Sodium	120 mg	5%
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), natural flavors, natural vanilla flavor, gum acacia, L-glutamine, medium chain triglyceride oil, stevia extract (Reb A), sunflower lecithin.

Contains: Milk

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



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

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