

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

CHOCOLATE FLAVOR



PROTEIN POWDER



MUSCLE FUEL •
STRENGTH •
GAIN •
RECOVERY •

DIETARY SUPPLEMENT
NET WT. 2.1 lb (952 g)

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

Supplement Facts

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

| 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



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.

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