DIRECTIONS: As a dietary supplement, add one scoop (31 g) of **Bluebonnet's Whey**

READY-TO-USE WATER MILK **SMOOTHIES**

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.

Optimal lean muscle

growth & recovery

and quickly

replenishes the

body's amino

acid pool. .

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 Pro	ntein 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 Amin	o 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 (Gm	P) 15%	3900 mg	
Alpha-Lactalbumin	15%	3900 mg	
Proteose Peptone 5	5.0%	1300 mg	
Immunoglobutins (IgG)	2.0%	520 mg	
Serum Albumins	<1%	250 mg	

FAST-ACTING PROTEIN

000

. .

microfiltered whey

Undenatured,

protein isolate

with important

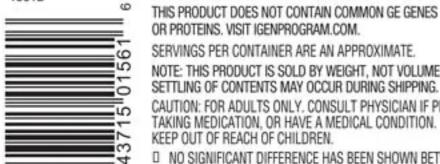
AWAY FROM HEAT, LIGHT AND MOISTURE.

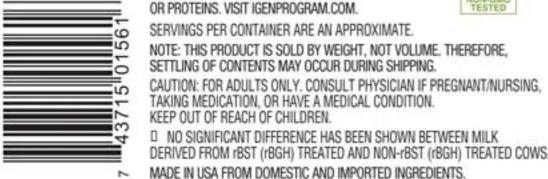
immunoglobulins.

Bluebonnet's KOF-K Certification #K-0000700 KEEP TIGHTLY CLOSED. STORE IN A COOL, DRY PLACE



Sourced from grassfed, pasture-raised cows not treated with hormones (rBST/rBGH) or antibiotics.0







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

Amino Acid	% Total Protein		mg
Alanine	4.2%	1100) mg
Arginine	2.3%	610) mg
Aspartic Acid	8.9%	2315	5 mg
Cystine/Cysteine	1.8%	468	5 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	5 mg
Phenylalanine	2.7%	690) mg
Proline	4.9%	1275	5 mg
Serine	4.3%	1120) mg
Threonine	5.9%	1530) mg
Tryptophan	1.4%	370) mg
Tyrosine	2.5%	640) mg
Branched Chain Amin	o Acids		
Isoleucine	4.9%	1268	5 mg
Leucine	9.2%	2380	
Valine	5.0%	1290) mg
Protein Fractions			- 3
Beta-Lactoglobulin	60%	15,600) mg
Glycomacropeptides (Gm	P) 15%	3900	
Alpha-Lactalbumin	15%	3900) mg
Proteose Peptone 5	5.0%	1300	
Immunoglobulins (IgG)	2.0%) mg
Serum Albumins	<1%) mg

 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.

Supplement Facts

Serving Size 1 Scoop (31 g) Servings Per Container 32

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

PROTEIN

4.9g

BCAA

3.9g

GLUTAMINE

GLUTAMIC ACID

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



STAY CONNECTED

Free of egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame. Also free of gluten, barley and rice.

Bluebonnet

FROM GRASS-FED COWS

FAST-ACTING POWDER









DIETARY SUPPLEMENT NET WT. 2.2 lbs. (992 g)

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