

PURE PRO[®]

20G
PREMIUM
PROTEIN

PROTEIN POWDER DRINK MIX

ONE OF THE MOST CONFUSING ASPECTS of any athlete's nutrition plan is which protein to use and when. ABB's answer is a smooth drinking blend of proteins you can mix up anytime of the day or night to support lean muscle recovery goals. This amino-rich milkshake tasting treat is ideal first thing in the morning, pre- or post-workout, between meals or before bed. With Pure Pro[®], anytime's the right time to power up with protein.

- **20 G Protein**
- **Instantized for Easy Mixing**
- **Low Levels of Fat**



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60 **2.5G**
SERVINGS FAT

VANILLA
Natural & Artificial Flavors

NET WT. 4.5 LB (2.04 KG)

Nutrition Facts

Serving Size 1 Scoop (34g)
Servings Per Container 60

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 180mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 20g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Your Daily Values may be higher or lower depending on

your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

DIRECTIONS

- Pour 6-8 oz (180 - 240 mL) of water, low-fat milk or your favorite beverage into a glass
- Mix in 1 scoop of Pure Pro[®] Powder
- Stir clockwise & counter-clockwise until thoroughly mixed

ADVANCED OPTIONS

- Use a shaker cup for faster, easier mixing
- Add in fresh or frozen fruit, nuts and other ingredients using an electric blender
- Stack Pure Pro[®] Powder with Gluta-Force[®] and/or Crea-Force[®] to create an even more powerful muscle recovery shake

SUGGESTED USE

You can also mix up a Pure Pro[®] Powder shake between meals or before bed to help reach your daily protein target.

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

INTENDED FOR HEALTHY ADULTS OVER THE AGE OF 18.
STORE IN A COOL, DRY PLACE.
CONTENTS SOLD BY WEIGHT NOT VOLUME.



Manufactured and Distributed by:
ABB PERFORMANCE
Walterboro, SC 29488

This product contains
ingredients of international
and domestic origin
MADE IN THE USA

1-866-353-9222
WWW.ABBPERFORMANCE.COM

VANILLA
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