Mix in 1 scoop of Pure Pro® Powder
Stir clockwise & counter-clockwise until thoroughly mixed

ADVANCED OPTIONS

favorite beverage into a glass

- Use a shaker cup for faster, easier mixing
- Add in fresh or frozen fruit, nuts and other ingredients using an electric blender

• Pour 6-8 oz (180 - 240 mL) of water, low-fat milk or your

• Stack Pure Pro® Powder with Gluta-Force® and/or Crea-Force® to create an even more powerful muscle recovery shake

SUGGESTED USE

DIRECTIONS

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.

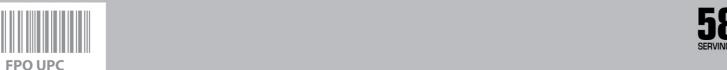
INTENDED FOR HEALTHY ADULTS OVER THE AGE OF 18. STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME

Nutrition Facts Servings Per Container 58

| Amount Per Serving Calories 140 | Calories from Fa | at 25 |
|---------------------------------|------------------|-------|
| | % Daily Va | |
| Total Fat 2.5g | | 4% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | |
| Cholesterol 65mg | | 22% |
| Sodium 220mg | | 9% |
| Total Carbohydrate 9g | | 3% |
| Dietary Fiber less than1g | | 3% |
| Sugars 5g | | |
| Protein 20g | | 40% |
| | | |
| Vitamin A 0% • | Vitamin C | 0% |
| Calcium 10% • | Iron | 4% |

| Your Daily Valu | ies may be highe eds: | er or lower dep | pending on |
|--------------------|--------------------------|-----------------|------------|
| , | 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 |
| Colorino por a | rom: | | |

Hydrolyzed Whey Protein Isolate, Micellar Casein, Egg Albumen), Natura and Artificial Flavors, Cocoa (Processed with Alkali), Creamer (Sunflower Dil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides,



PROTEIN POWDER DRINK MIX

the right time to power up with protein.

Instantized for Easy Mixing

20 G Protein

0 45529 58931 5

Low Levels of Fat

ONE OF THE MOST CONFUSING ASPECTS of any athlete'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

nutrition plan is which protein to use and when. ABB's

PROTEIN POWDER DRINK MIX

CHOCOLATE