

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**



PURE PRO[®]

PROTEIN POWDER DRINK MIX

20G
PREMIUM
PROTEIN

58 **2.5G**
SERVINGS FAT

CHOCOLATE
Natural & Artificial Flavors

NET WT. 4.5 LB (2.04 KG)

Nutrition Facts

Serving Size 1 Scoop (35g)
Servings Per Container 58

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 220mg **9%**

Total Carbohydrate 9g **3%**

Dietary Fiber less than 1g **3%**

Sugars 5g

Protein 20g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Hydrolyzed Whey Protein Concentrate, Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Micellar Casein, Egg Albumen), Natural and Artificial Flavors, Cocoa (Processed with Alkali), Creamer (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin, Tocopherols), Lecithin, Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame Potassium.

ALLERGEN INFORMATION: CONTAINS MILK, SOY (LECITHIN), AND EGG INGREDIENTS.



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

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.

CHOCOLATE
Natural & Artificial Flavors



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