

HARD WORK. CLEAN FUEL. NO EXCUSES.

GRASSFED PROTEIN

NATURALLY SWEETENED

EASY DIGESTION

# JOCKO

## PROTEIN POWDER

① WHEY ② CASEIN ③ EGG

MÖLK™ PROTEIN BLEND

**22G**  
PROTEIN\*\*

**2G**  
SUGAR\*\*

**31**  
SERVINGS

**140**  
CALORIES\*\*

**COOKIES &  
CREAM**  
NATURALLY FLAVORED

NET WT. 40.46 OZ (2.5 LB) (1147 G)

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

HARD WORK. CLEAN FUEL. NO EXCUSES.

- **PROTEIN BLEND**
- **INFUSED PROBIOTICS**
- **DIGESTIVE ENZYMES**
- **MADE WITHOUT SOY OR GLUTEN**

4:34 A.M.

TIME RELEASE  
BLEND



SUGGESTED USE: MIX ONE SCOOP (37 G) DAILY IN 6-8 OUNCES OF WATER, MILK OR YOUR FAVORITE BEVERAGE, OR USE AS DIRECTED BY YOUR HEALTHCARE PRACTITIONER. FOR BEST RESULTS, USE A SHAKER OR BLENDER AND SERVE COLD.

### Nutrition Facts

Servings per container about 31

Serving size

1 scoop (37g)

Amount per serving

Calories

**140**

%DV\*

|                          |        |     |
|--------------------------|--------|-----|
| Total Fat                | 3.5g   | 4%  |
| Saturated Fat            | 2.5g   | 13% |
| Trans Fat                | 0g     |     |
| Cholesterol              | 50mg   | 17% |
| Sodium                   | 280mg  | 12% |
| Total Carbohydrate       | 7g     | 3%  |
| Dietary Fiber            | 1g     | 4%  |
| Total Sugars             | 2g     |     |
| Includes 1g Added Sugars |        | 2%  |
| Protein                  | 22g    | 40% |
| Vitamin D                | 1.3mcg | 6%  |
| Calcium                  | 190mg  | 15% |
| Iron                     | 0.5mg  | 2%  |
| Potassium                | 330mg  | 8%  |

\* The % Daily Value (DV) tells you how much a nutrition in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Jocko Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Egg White Protein), Crushed Cookie Pieces (Sugar, Buckwheat Flour, Oat Flour, Coconut Oil, Rice Flour, Alkalized Cocoa, Baking Soda, Natural Flavor, Salt, Sunflower Lecithin), Coconut Oil Powder (Coconut Oil, Acacia), Natural Flavor, Jocko Good Sweetener® (Allulose, Reb-M, Monk Fruit Extract), Sea Salt, Guar Gum, Acacia, Xanthan Gum, Sunflower Lecithin, Potassium Chloride, *L. Acidophilus*, Prohydroxy (Amylase, Lactase, Lipase, Protease I, Protease II).

**CONTAINS: MILK, EGG.** Produced in a facility that also processes soy, fish, shellfish, peanuts, tree nuts, and wheat.

#### Typical Amino Acid Profile Per Serving

|                |         |
|----------------|---------|
| Alanine        | 1056 mg |
| Arginine       | 571 mg  |
| Aspartic Acid  | 2210 mg |
| Cysteine       | 448 mg  |
| Glutamic Acid  | 3705 mg |
| Glycine        | 386 mg  |
| Histidine II   | 374 mg  |
| Isoleucine III | 1236 mg |
| Leucine III    | 2280 mg |
| Lysine II      | 1990 mg |
| Methionine II  | 487 mg  |
| Phenylalanine  | 668 mg  |
| Proline        | 1283 mg |
| Serine         | 1076 mg |
| Threonine II   | 1459 mg |
| Tryptophan III | 342 mg  |
| Tyrosine       | 623 mg  |
| Valine III     | 1244 mg |

II Essential Amino Acids

III BCAAs

III The L-Tryptophan indicated is from naturally occurring sources of protein.

CONSULT YOUR PHYSICIAN BEFORE  
USE IF YOU ARE PREGNANT,  
NURSING, HAVE A MEDICAL  
CONDITION, OR ARE TAKING ANY  
MEDICATION. KEEP OUT OF REACH  
OF CHILDREN.



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DISTRUBUTED BY: JOCKO FUEL, LLC JAY, ME 04239  
1-888-858-1416 JOCKOFUEL.COM

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