Suggested Use: Add 1 scoop to 6-8oz of water or a beverage of your choice and mix thoroughly. Enjoy anytime during the day to help meet your protein requirements.

WARNING: Consult your physician before use if you are pregnant, lactating, have a medical condition, or are taking any medication. Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, or pregnant or nursing women. KEEP OUT OF REACH OF CHILDREN Store in a cool, dry place.

* 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.











Nutrition Facts

30 Servings Per Container 1 Scoop (29g) Serving Size

Amount per serving Calories

% Daily V	alue*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 18a

Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 6mg	35%
Potassium 228mg	4%

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

Our premium blend of watermelon seed, pumpkin seed, and pea protein is the perfect combination of ingredients to ensure optimum texture and flavor. We also pack 30 servings into every container so that you get the best value for your hard-earned dollar.



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