

Pure Protein® Shakes were developed as a great-tasting way to supplement your protein needs and provide a healthy option for pre/post-workouts. You know that protein is essential for optimal body function, strength, muscle tone and lean body mass. Well, with our shakes, protein never tasted so good! And, the shakes help satisfy your appetite as a snack while providing an excellent source of calcium to help build strong bones. With 35 grams of protein, 1% DV of carbs for low carb lifestyles, NO added sugar** and NO aspartame.....it is time for you to EAT GOOD and LOOK GREAT!

Directions: For adult use, drink 1 can as a high protein snack.

**Shake Gently
Serve Chilled**

**Contents Under Pressure;
Open Slowly to Reduce
Potential Splashing**

**Refrigerate After Opening
KEEP OUT OF REACH
OF CHILDREN**

****Not a low calorie food. See
Nutrition Facts for further
information on sugar and
calorie content.**

Eat Good. Look Great.

PURE PROTEIN® Shake

**35 Grams of Protein
4 Grams of Carbs**

**Cookies 'n
Creme**

Naturally & Artificially Flavored



**11 FL. OZ.
(325 mL)**

Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 170 Calories from Fat 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 160mg **7%**

Potassium 250mg **7%**

Total Carbohydrate 4g **1%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 35g **70%**

Vitamin A 0% Vitamin C 0%

Calcium 90% Iron 8%

Phosphorus 50% Magnesium 10%

*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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Water, Protein Blend (Milk Protein Concentrate, Calcium Caseinate), Cocoa (processed with alkali), Natural and Artificial Flavors (contains caramel color), Tricalcium Phosphate, Cellulose Gel, Soybean Oil, Sucralose, Salt, Sodium Citrate, Cellulose Gum, Dipotassium Phosphate, Acesulfame Potassium, Carrageenan.

Contains milk and soy ingredients.

For questions or reorders call:
1-800-854-5019 or visit our website at
www.sportnutrition.com or
www.eatgoodlookgreat.com

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NOTICE: Use this product as a food supplement only.
Do not use for weight reduction.

