

DIRECTIONS: For adults, take one (1) scoop (33 g), one to four times daily.

Supplement Facts

Serving Size 1 Scoop (33 g)
Servings Per Container about 22

| Amount Per Serving | %Daily Value | |
|--|--------------|------|
| Calories | 130 | |
| Calories from Fat | 20 | |
| Total Fat | 2 g | 3%* |
| Saturated Fat | 1 g | 5%* |
| Trans Fat | 0 g | ** |
| Cholesterol | 40 mg | 13%* |
| Total Carbohydrate | 5 g | 2%* |
| Dietary Fiber | <1 g | 3%* |
| Sugars | 3 g | ** |
| Protein | 23 g | 46%* |
| Calcium | 109 mg | 11%* |
| Iron | 0.4 mg | 2%* |
| Phosphorus | 95 mg | 10%* |
| Magnesium | 15 mg | 4%* |
| Sodium | 55 mg | 2%* |
| Potassium | 140 mg | 4%* |
| Stevia Extract (<i>Stevia rebaudiana</i>) (leaf) | 153 mg | ** |

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa, Fructose, Natural Flavors, Soy Lecithin, Stevia Extract.

Contains milk and soy ingredients.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT. DO NOT USE PRODUCT IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

NOTICE: For weight reduction, use only as directed in the Pure Protein diet plan on www.pureprotein.com. Do not use in diets supplying less than 400 Calories per day without medical supervision.

| Typical Amino Acid Profile (milligrams per 33 g scoop****) | | | |
|--|----------|--------------------------|----------|
| Essential Amino Acids | | Nonessential Amino Acids | |
| Histidine | 437 mg | Alanine | 1,099 mg |
| Isoleucine | 1,417 mg | Arginine | 531 mg |
| Leucine | 2,406 mg | Aspartic Acid | 2,426 mg |
| Lysine | 1,966 mg | Cysteine | 563 mg |
| Methionine | 467 mg | Glutamic Acid | 3,133 mg |
| Phenylalanine | 741 mg | Glycine | 408 mg |
| Threonine | 1,509 mg | Proline | 1,356 mg |
| Tryptophan*** | 387 mg | Serine | 1,083 mg |
| Valine | 1,310 mg | Tyrosine | 681 mg |

***L-Tryptophan is naturally occurring, not added.

****approximate values

For questions or reorders call: 1-800-854-5019

or visit our website at www.pureprotein.com

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Bayport, NY 11705

PURE PROTEIN®

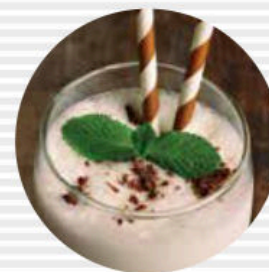
NATURAL WHEY PROTEIN

RICH CHOCOLATE

23g | **3g** | **130**
PROTEIN | SUGAR | CALORIES

 **Gluten Free**

 **No Artificial Flavors, No Artificial Sweeteners or Colors**



CHOCOLATE MINT

½ ripe avocado

1 scoop Pure Protein® Rich Chocolate Powder

1 cup milk of choice

1 tsp mint extract or few sprigs of fresh mint leaves

1 cup frozen spinach

Ice (optional)



CHUNKY MONKEY

1 medium frozen banana, cubed

1 scoop Pure Protein® Rich Chocolate Powder

1 cup milk of choice

1 Tbsp crushed walnuts

Sweetener of choice to taste



CAFÉ MOCHA

¾ cup room temperature coffee

1 scoop Pure Protein® Rich Chocolate Powder

3 Tbsp milk of choice

1 frozen banana, cubed

1 cup ice

Directions: Blend until smooth. 2 servings per recipe.

PROTEIN POWDER SUPPLEMENT / NET WT. 1.6 lb. (25.6 oz.) (725 g)

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