



Harry & David®

WELLNESS

IN PARTNERSHIP WITH THORNE RESEARCH

GRASS-FED WHEY PROTEIN

CHOCOLATE, STRAWBERRY, BANANA, AND VANILLA FLAVORED

12 PACKETS – NET WT. 12.54 OZ. (357 G.)

DIETARY SUPPLEMENT

Grass-Fed Whey – Chocolate

Supplement Facts

Serving Size: 1 Packet (32 g)
Servings Per Container: 3

One Packet (32 g) Contains:	% DV
Calories	120
Calories from Fat	30
Total Fat	3 g 5%*
Saturated Fat	1.5 g 8%*
Cholesterol	45 mg 15%*
Total Carbohydrate	10 g 3%*
Dietary Fiber	5 g 20%*
Soluble Fiber	4 g **
Insoluble Fiber	1 g **
Sugars	3 g **
Protein	15 g 30%*
Calcium	90 mg 9%
Sodium	220 mg 9%
Potassium	85 mg 2%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Whey Protein Concentrate, Inulin (from Chicory), Cocoa Powder, Flavors, Sunflower Oil, Evaporated Cane Sugar, Gum Arabic, Xanthan Gum, Sea Salt, Potassium Citrate, Sodium Citrate, Beet Powder, Stevia extract (leaf) (Rebaudioside A 95%), Amylase, Lipase, Protease.

Contains: Milk (Whey Protein Concentrate).

Grass-Fed Whey – Strawberry

Supplement Facts

Serving Size: 1 Packet (29 g)
Servings Per Container: 3

One Packet (29 g) Contains:	% DV
Calories	110
Calories from Fat	25
Total Fat	3 g 5%*
Saturated Fat	1 g 5%*
Cholesterol	45 mg 15%*
Total Carbohydrate	8 g 3%*
Dietary Fiber	3 g 12%*
Soluble Fiber	3 g **
Sugars	3 g **
Protein	15 g 30%*
Calcium	80 mg 8%
Sodium	190 mg 8%
Potassium	70 mg 2%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Whey Protein Concentrate, Inulin (from Chicory), Flavors, Sunflower Oil, Evaporated Cane Sugar, Gum Arabic, Xanthan Gum, Sea Salt, Potassium Citrate, Sodium Citrate, Beet Powder, Stevia extract (leaf) (Rebaudioside A 95%), Amylase, Lipase, Protease.

Contains: Milk (Whey Protein Concentrate).

Grass-Fed Whey – Banana

Supplement Facts

Serving Size: 1 Packet (29 g)
Servings Per Container: 3

One Packet (29 g) Contains:	% DV
Calories	110
Calories from Fat	25
Total Fat	3 g 5%*
Saturated Fat	1 g 5%*
Cholesterol	40 mg 13%*
Total Carbohydrate	8 g 3%*
Dietary Fiber	3 g 12%*
Soluble Fiber	3 g **
Sugars	3 g **
Protein	15 g 30%*
Calcium	80 mg 8%
Sodium	220 mg 9%
Potassium	90 mg 3%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Whey Protein Concentrate, Inulin (from Chicory), Flavors, Sunflower Oil, Evaporated Cane Sugar, Gum Arabic, Sea Salt, Potassium Citrate, Sodium Citrate, Xanthan Gum, Stevia extract (leaf) (Rebaudioside A 95%), Turmeric, Amylase, Lipase, Protease.

Contains: Milk (Whey Protein Concentrate).

Grass-Fed Whey – Vanilla

Supplement Facts

Serving Size: 1 Packet (29 g)
Servings Per Container: 3

One Packet (29 g) Contains:	% DV
Calories	120
Calories from Fat	25
Total Fat	3 g 5%*
Saturated Fat	1 g 5%*
Cholesterol	45 mg 15%*
Total Carbohydrate	8 g 3%*
Dietary Fiber	3 g 12%*
Soluble Fiber	3 g **
Sugars	3 g **
Protein	15 g 30%*
Calcium	80 mg 8%
Sodium	170 mg 7%
Potassium	65 mg 2%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Other Ingredients: Whey Protein Concentrate, Inulin (from Chicory), Flavors, Sunflower Oil, Evaporated Cane Sugar, Gum Arabic, Xanthan Gum, Sea Salt, Potassium Citrate, Sodium Citrate, Stevia extract (leaf) (Rebaudioside A 95%), Amylase, Lipase, Protease.

Contains: Milk (Whey Protein Concentrate).

The **Harry & David Wellness** program is perfect for those in pursuit of a delightful life-style complete with fresh fruit, gourmet protein shakes, and premium supplements.

Distributed By: Harry & David, Inc.
Manufactured For: Thorne Research, Inc.
P.O. Box 25, Dover, Idaho 83825 USA
1-800-228-1966 www.thorne.com

Suggested Use: Mix one packet of powder with 6-8 oz. of preferred beverage daily or as recommended by your health-care practitioner.
Tamper Evident: Use only if package is sealed. Store tightly sealed in a cool, dry place.
If you are pregnant, nursing, taking a medication, or have a medical condition, consult your health-care practitioner before using this product.
Consult your health-care practitioner if you have an adverse reaction. Keep out of reach of children.



HD001
LHD00101