Ingredients: Ion-exchanged, microfiltered non-rBGH whey protein isolate (milk), non-rBGH whey protein concentrate (milk), organic cocoa^{††}, Less than 2% of the following: Xanthan gum, natural chocolate flavor, natural vanilla flavor, free form L-glutamine (vegetarian), stevia, sunflower lecithin. The whey protein used in our product is sourced from an origin that does

not permit the use of rBGH, recombinant bovine growth hormone. CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten,

eggs, peanuts, tree nuts, soy, crustacean shellfish or fish,

Directions: Add one heaping scoop (included in can) of powder to 8 oz. of milk, juice, vogurt, pudding or favorite beverage. Thoroughly shake or blend the product to ensure it is well dispersed. Store at room temperature, not exceeding 77° F. Due to variations in the natural ingredients, the color may vary.

Whey supports the body's ability to maintain, increase, and repair muscle by absorbing and retaining nitrogen. It also provides the milk proteins. Blactoglobulin. A-lactalbumin, immunoglobulin, glycomacropeptide, and lactoferrin, which are important for immune system function.1

Whey surpasses even whole eggs in its ability to deposit nitrogen in the muscle. Our Whey Protein Powder product has highly bigavailable undenatured protein and Branched Chain Amino Acids (BCAA's), making it ideal to promote muscle repair, maintenance and growth. The free-form amino acid glutamine has been added to further support muscle health.†

Our proprietary process uses only natural vegetarian enzymes and high quality membrane filters to separate the whey and preserve the essential nutrients. This state-of-the-art processing using low temperatures creates a complete spectrum of whey peptides, improving nitrogen retention, supporting immune system health, and providing antioxidant protection. Whey supports cellular glutathione levels, one of nature's important antioxidants. The Fair Trade, organic cocoa in our product uses cocoa beans harvested from the Yacao cooperative in the Dominican Republic.†

Typical Amino Acid Profile Per Serving of Drink Mix:

Methionine ⁽¹⁾
Phenylalanine/J 743 mg
Proline 1,110 mg
Serine
Threonine ⁽²⁾ 1,238 mg
Tryptophan ^(j)
Tyrosine 787 mg
Valine+□1,222 mg
Walter Transcription Contraction

 Branched Chain Amino Acid □ Essential Amino Acid Each serving fortified with an additional 100 mg L-glutamine.

tt Fair Trade Certified® About Fair Trade (www.fairtradecertified.org)

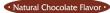
By choosing this Fair Trade Certified® product, you are directly supporting a better life for farming families through fair prices, direct trade, community development, and environmental stewardship.

To report a serious adverse event, call 1-888-710-0006 †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.

KEEP OUT OF REACH OF CHILDREN.

Richer-Tasting Chocolate Flavor





Supports Muscle Development & Repair While Providing Antioxidant Protection[†]

· Mixes Easily

- · Microfiltered and Ion-Exchanged
- · From cows not treated with rBGH
- · No added sugar or artificial sweeteners
- · Contains Branched Chain Amino Acids and Lglutamine

Dietary Supplement

NET WT. 16.8 OZ. (478 g)



Serving Size: One Heaping Scoop (24 g) Servings Per Container: Approximately 20

Amount Per Serving		Powder Mix	With 1 Cup Skim Milk
Calories		95	180
Calories from Fat		15	15
	%Daily Value**		
Total Fat	1.5 g	3%	3%
Saturated Fat	1 g	5%	6%
Cholesterol	20 mg	7%	8%
Sodium	90 mg	4%	9%
Potassium	240 mg	7%	18%
Total Carbohydrate	2 g	<1%	5%
Dietary Fiber	1 g	4%	4%
Sugars	<1 g		
Protein	18 g	36%	53%
Vitamin A		**	**
Vitamin C		**	4%
Calcium		5%	35%
Iron		**	**

* Daily Value not established

** Contains less than 2% of the Daily Value of this nutrient.

*** 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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

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

