

Our Whey Protein Isolate is a great option for anyone looking for the highest quality nutrition to support their fitness goals.

This powder contains protein that is processed using microfiltration to ensure an isolated whey that contains a high protein percentage with minimal lactose and fat.

This isolation process separates the valuable protein from non-protein materials yielding a highly purified whey isolate.



High Quality Protein Source

WHEY PROTEIN ISOLATE

chocolate

- 99% Lactose Free
- 130 Calories
- 30g Protein

Protein Powder
Net Wt. 1 lb. (16 oz.) (454 g)

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



For a delicious smoothie, add peanut butter, fruit or yogurt along with ice cubes and mix in a blender.

Directions: For adults, take one (1) scoop (37g), one to two times daily. Mix one scoop with 6-8 fluid ounces of water or your favorite beverage. Mix in a shaker or blender and drink immediately for best results. Increase or decrease the amount of liquid added to achieve desired consistency.

Nutrition Facts

Serving Size 1 Scoop (37 g)

Servings Per Container about 12

Amount Per Serving

Calories 130

Calories from Fat 5

%Daily Value*

Total Fat 1g

2%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 5mg

2%

Sodium 95mg

4%

Potassium 240mg

7%

Total Carbohydrate 2g

1%

Dietary Fiber 1g

4%

Sugars 0g

Protein 30g

60%

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 4%

Phosphorus 6%

Magnesium 8%

*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	Less than	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: Whey Protein Isolate, Cocoa (processed with alkali), Natural Flavors, Soy Lecithin, Cellulose Gum, Xanthan Gum, Acesulfame Potassium, Sucralose, Carrageenan, Dextrin.

Contains milk and soy ingredients.

Partially Produced with Genetic Engineering

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

Fitness isn't a destination. Fitness is about constantly pushing forward. It's running a little longer, lifting a little heavier, and pushing a little harder than you did the last time. At Puritan's Pride, we understand the journey, and we know that it's different for everyone. Puritan's Pride Fitness offers a variety of products to support you wherever you are in your training.

No Artificial Color, No Artificial Flavor, No Preservatives, No Gluten, No Wheat, No Yeast, No Fish.

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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.

TYPICAL AMINO ACID PROFILE

(milligrams per 37 g scoop***)

Essential Amino Acids	Nonessential Amino Acids
Histidine 558 mg	Alanine 1,456 mg
Isoleucine 1,966 mg	Arginine 636 mg
Leucine 3,059 mg	Aspartic Acid 3,274 mg
Lysine 2,393 mg	Cysteine 740 mg
Methionine 602 mg	Glutamic Acid 5,205 mg
Phenylalanine 866 mg	Glycine 487 mg
Threonine 2,184 mg	Proline 2,133 mg
Tryptophan** 521 mg	Serine 1,462 mg
Valine 1,738 mg	Tyrosine 886 mg

**L-Tryptophan is naturally occurring, not added

***approximate values

TO REORDER ITEM #58216

1-800-645-1030 www.puritan.com

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