



Low Fat<sup>†</sup>



No Soy Protein\*\*



Gluten Free

# GREEN APPLE SMOOTHIE

Adding more protein to your day is as easy as one scoop!



## Instructions:

1 scoop Vanilla Cream Pure Protein® 100% Whey

1 Large handful mild-tasting greens, such as spinach, baby kale or romaine lettuce

¾ cup Unsweetened Almond Milk or yogurt

1 Granny Smith Apple, seeded & diced

1 tsp. Chia Seeds

¼ ripe Avocado, pitted and skin removed

The juice from 1/2 of a fresh Lemon or Lime

1 cup Ice Cubes

Add all ingredients to your blender except ice and blend until smooth. Toss in ice and blend until no chunks remain. Pour into a glass and enjoy!

Visit [PureProtein.com](http://PureProtein.com) for more delicious recipes.



### Active Nutrition

**Pure Protein®** 100% Whey Powder is delicious, convenient and fast-acting. This easy-to-mix, low fat, gluten free protein powder provides 25 grams of power-packed, nutritious protein in every serving – perfect for use any time of the day!\*

- Provides cross-flow Ultrafiltered 100% Whey Protein Concentrate.
- Instantized Whey Proteins for easy mixing and complete dispersion in liquid.
- Supplies all the essential amino acids from protein to support lean muscle, strength and energy.\*
- Contains electrolytes to maintain hydration or to rehydrate after workouts.\*

### Use Pure Protein® Any Time Of The Day Including:



Immediately After Exercise



With Meals



In Between Meals

### 3 Easy Ways To Prepare Pure Protein® Powder



Blender



Shaker



Glass & Spoon

# PURE PROTEIN®

## 100% WHEY

### VANILLA CREAM

Naturally & Artificially Flavored

25g  
PROTEIN

2g  
SUGAR

160  
CALORIES

SUPPORTS LEAN MUSCLE & STRENGTH\*



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**BONUS  
20% MORE**



PROTEIN POWDER SUPPLEMENT  
NET WT 2.1 lb. (33.6 oz.) (952 g)

## Supplement Facts

Serving Size 1 Scoop (39g)  
Servings Per Container about 24

| Amount Per Serving | %Daily Value |        |
|--------------------|--------------|--------|
| Calories           | 160          |        |
| Calories from Fat  | 25           |        |
| Total Fat          | 2.5 g        | 4%***  |
| Saturated Fat      | 1 g          | 5%***  |
| Cholesterol        | 70 mg        | 23%    |
| Total Carbohydrate | 9 g          | 3%***  |
| Sugars             | 2 g          | ****   |
| Protein            | 25 g         | 50%*** |
| Calcium            | 161 mg       | 16%    |
| Phosphorus         | 114 mg       | 11%    |
| Magnesium          | 17 mg        | 4%     |
| Sodium             | 95 mg        | 4%     |
| Potassium          | 170 mg       | 5%     |

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

**INGREDIENTS:** Protein Blend (Ultrafiltered Whey Protein Concentrate [which contains Beta-lactoglobulin, Alpha-lactalbumin and Glycomacropeptides], Microfiltered Whey Protein Isolate), Maltodextrin, Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

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

\*\*Contains soy lecithin.

†See nutrition information for cholesterol content.

### Typical Amino Acid Profile (milligrams per 39 g scoop\*\*\*\*)

| Essential Amino Acids |          | Nonessential Amino Acids |          |
|-----------------------|----------|--------------------------|----------|
| Histidine             | 465 mg   | Alanine                  | 1,244 mg |
| Isoleucine            | 1,568 mg | Arginine                 | 632 mg   |
| Leucine               | 2,652 mg | Aspartic Acid            | 2,821 mg |
| Lysine                | 2,274 mg | Cysteine                 | 607 mg   |
| Methionine            | 537 mg   | Glutamic Acid            | 3,859 mg |
| Phenylalanine         | 770 mg   | Glycine                  | 480 mg   |
| Threonine             | 1,896 mg | Proline                  | 1,554 mg |
| Tryptophan*****       | 349 mg   | Serine                   | 1,314 mg |
| Valine                | 1,375 mg | Tyrosine                 | 720 mg   |

\*\*\*\*\*L-Tryptophan is naturally occurring, not added.  
\*\*\*\*approximate values

**Directions:** For adults, take one (1) scoop (39 g), one to two times daily. For maximum muscle support, consume 1-2 scoops twice per day with at least 1-2 scoops taken immediately after exercise.

**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 IF SEAL UNDER CAP IS BROKEN OR MISSING.**

Contents are sold by weight. Some settling may occur.

Each serving contains over 5 grams of the following Branched Chain Amino Acids from protein, Which typically provides:

- Isoleucine.....1.56 g
- Leucine.....2.65 g
- Valine .....1.37 g

For questions or reorders call:  
1-800-854-5019  
or visit our website at  
[www.pureprotein.com](http://www.pureprotein.com)

\*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.

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Worldwide Sport Nutritional Supplements, Inc.  
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