



Low Fat⁰



No Soy Protein**



Gluten Free

MONKEY BUSINESS SMOOTHIE

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



Instructions:

1 scoop Rich Chocolate Pure Protein® 100% Whey

½ to ¾ cup milk of choice

1 medium frozen banana, cubed

1 tablespoon sugar-free chocolate chips

1 tablespoon crushed walnuts

1 teaspoon banana or vanilla extract

Sweetener of choice to taste (optional)

Add all ingredients to your blender except crushed walnuts and chocolate chips and blend until smooth. Pour into a glass and top with crushed walnuts and chocolate chips. Eat with a spoon. Enjoy!

Visit PureProtein.com for more delicious recipes.



Fold 1



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

RICH CHOCOLATE

Naturally & Artificially Flavored

25g
PROTEIN

3g
SUGAR

170
CALORIES

SUPPORTS LEAN MUSCLE & STRENGTH^{*}



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PROTEIN POWDER SUPPLEMENT

NET WT 1.75 lbs. (28 oz.) (793 g)

Fold 2

Supplement Facts

Serving Size 1 Scoop (42g)
Servings Per Container about 19

Amount Per Serving	%Daily Value
Calories	170
Calories from Fat	30
Total Fat	3g 5%***
Saturated Fat	1g 5%***
Cholesterol	75mg 25%
Total Carbohydrate	10g 3%***
Dietary Fiber	1g 4%***
Sugars	3g ****
Protein	25g 50%***
Calcium	180mg 18%
Phosphorus	142mg 14%
Magnesium	26mg 7%
Sodium	200mg 8%
Potassium	250mg 7%

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

INGREDIENTS: Protein Blend (Ultrafiltered Whey Protein Concentrate, Microfiltered Whey Protein Isolate), Maltodextrin, Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Salt, 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. Do not use in diets supplying less than 400 Calories per day without medical supervision.

**Contains soy lecithin.

0See nutrition information for cholesterol content.

Typical Amino Acid Profile (milligrams per 42 g scoop****)			
Essential Amino Acids	Nonessential Amino Acids		
Histidine	564 mg	Alanine	1,142 mg
Isoleucine	1,508 mg	Arginine	777 mg
Leucine	2,722 mg	Aspartic Acid	2,900 mg
Lysine	2,293 mg	Cysteine	540 mg
Methionine	552 mg	Glutamic Acid	3,678 mg
Phenylalanine	853 mg	Glycine	481 mg
Threonine	1,978 mg	Proline	1,484 mg
Tryptophan*****	425 mg	Serine	1,475 mg
Valine	1,448 mg	Tyrosine	777 mg

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

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Directions: For adults, take one (1) scoop (42 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.....1.50 g
- Leucine..... 2.72 g
- Valine1.44 g

For questions or reorders call: 1-800-854-5019 or visit our website at 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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