



Low Fat<sup>0</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<sup>®</sup> 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.



Fold 1



Active Nutrition



**Pure Protein<sup>®</sup> 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!<sup>\*</sup>

- 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.<sup>\*</sup>
- Contains electrolytes to maintain hydration or to rehydrate after workouts.<sup>\*</sup>

Use Pure Protein<sup>®</sup> Any Time Of The Day Including:



Immediately After Exercise



With Meals



In Between Meals

3 Easy Ways To Prepare Pure Protein<sup>®</sup> Powder



Blender



Shaker



Glass & Spoon

# PURE PROTEIN<sup>®</sup>

## 100% WHEY

### VANILLA CREAM

Naturally & Artificially Flavored

25g  
PROTEIN

2g  
SUGAR

160  
CALORIES

SUPPORTS LEAN MUSCLE & STRENGTH<sup>\*</sup>



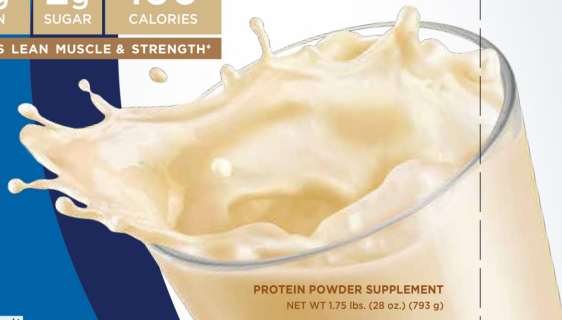
Low Fat<sup>0</sup>



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PROTEIN POWDER SUPPLEMENT  
NET WT 1.75 lbs. (28 oz.) (793 g)

## Supplement Facts

Serving Size 1 Scoop (39g)  
Servings Per Container about 20

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, 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.

0See nutrition information for cholesterol content.

**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.

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 2,852 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 1,886 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

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