



Pro-Shake™ 19

Natural Vanilla Protein Powder

A Dietary Supplement



**Douglas
Laboratories®**

12 Ounces

Supplement Facts

Serving Size 1 heaping tablespoon (15 grams) • Servings Per Container 32

Amount Per Serving	%DV†	Amount Per Serving	%DV†	Amount Per Serving	%DV†	Amount Per Serving	%DV†
Calories	54	Vitamin B-6	1 mg	50%	Glycine	1,463 mg	*
Calories from Fat	5	Folic Acid	0.2 mg	50%	Hydroxyproline	823 mg	*
Total Carbohydrate	8 g	Vitamin B-12	3 mcg	50%	Aspartic Acid	753 mg	*
Protein	4.5 g	Biotin	0.1 mg	33%	Leucine	708 mg	*
Vitamin A	2,500 IU	Pantothenic Acid	5 mg	50%	Glutamic Acid	603 mg	*
Vitamin C	30 mg	Calcium	300 mg	30%	Lysine	543 mg	*
Vitamin D	100 IU	Iron	9 mg	50%	Alanine	528 mg	*
Vitamin E	15 IU	Iodine	60 mcg	40%	Arginine	500 mg	*
Thiamine	0.75 mg	Magnesium	120 mg	30%	Serine	480 mg	*
Riboflavin	0.85 mg	Zinc	6.75 mg	45%	Proline	418 mg	*
Niacin	10 mg	Copper	1 mg	50%	Valine	418 mg	*

Ingredients:

Soy Protein Isolate, Calcium Caseinate, Sodium Caseinate, Magnesium Proteinate, Kelp, Lactalbumin, Vitamin A (from Lemon Grass), Vitamin B-Complex, Vitamin C (From Rose Hips Concentrate), Vitamin D, Vitamin E, Ferrous Proteinate, Lecithin, Dry Cider Vinegar, Papain, Pantothenic Acid, Biotin, Fructose, Flavored with Natural Vanilla.

Manufactured by:
Douglas Laboratories
Pittsburgh, PA 15205
www.douglaslabs.com

Directions: To make drink, mix 1 tablespoon of powder with 8 ounces of chilled water, shake well or use blender and pour into a glass to serve as a nutritious drink. Keep lid tight and store in a cool, dry place or refrigerator.

IMPORTANT - PLEASE READ

Follow a doctor's recommendations while using this product. Individuals who have heart or cardiovascular conditions, stroke, kidney disease, diabetes, gout, hypoglycemia, the very elderly, growing children, adolescents or any other condition should use this under direct supervision of a doctor.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

For optimal storage conditions, store in a cool, dry place.
(59°-77°F/15°-25°C) (35-65% relative humidity)
Tamper resistant package, do not use if outer seal is missing.

Formula #7988

