

**Pure Protein 100% Whey**, a delicious, fast-acting protein powder that provides all of the essential amino acids needed to help support lean muscle, energy, vitality and strength. Packed with 25g protein, each nutritious serving of Pure Protein® 100% Whey provides a low fat, great-tasting treat that can help satisfy your appetite any time of the day.

- Provides gold standard, cross-flow Whey Protein sources including Microfiltered Whey Protein Isolate and Ultrafiltered Whey Protein Concentrate.
- Instantized Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing Whey Protein Blend to speed amino acid delivery to muscles immediately after workouts.

Pure Protein® is a premium line of sinfully delicious protein products specially designed to supplement your nutritional plan with the protein necessary for a lean, healthy, strong body. At Pure Protein®, our goal is to provide you with great-tasting, convenient protein products perfect for when temptation strikes.

Each serving contains over 5 grams of the following Branched Chain Amino Acids:

Which typically provides:	- Isoleucine	1.46 g
	- Leucine	2.63 g
	- Valine	1.4 g

**USE PURE PROTEIN® 100% WHEY ANY TIME OF THE DAY INCLUDING:**

**Immediately After Exercise:** Makes an excellent post-workout shake by providing fast digesting proteins for immediate lean muscle support and recovery.

**With Meals:** Drink along with your meal to increase the overall protein and nutrition quality. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

**In Between Meals:** to help satisfy your hunger longer.

**Blender – Simple**

Add one (1) scoop to blender filled with 6-8 ounces of your favorite beverage. Cover and blend for 20-30 seconds. For a delicious smoothie, add peanut butter, fruit, or yogurt along with ice cubes.^^

**Shaker – Simpler**

Fill a shaker bottle with 6-8 ounces of your favorite beverage. Add one (1) scoop, cover, and shake for 25-30 seconds.

**Glass & Spoon – Simplest**

Add one (1) scoop to 6-8 ounces of your favorite beverage. Stir for 20-30 seconds or until completely blended.

^^For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% Milk, and fruit juices.

For Dieters: add lower calorie foods such as skim milk, blueberries and raspberries, or just use water.

◇This product is made with a protein blend that is 100% Whey Protein.

**WARNING:** If you are pregnant, nursing or taking any medications, 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 IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN.**

**Eat Good. Look Great.**

# PURE PROTEIN®

## 100% WHEY PROTEIN

<b>140</b> CALORIES	<b>0g</b> TRANS FAT	<b>2g</b> SUGAR
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**25g Premium Protein**

✓ **Helps Satisfy Appetite**

✓ **Supports Lean Muscle and Strength**

✓ **Promotes the Immune System**

**Frosty Chocolate**

Naturally & Artificially Flavored  
NET WT. 1 lb. (16 oz) (453 g)

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

### Nutrition Facts

Serving Size 1 Scoop (37g)  
Servings Per Container about 12

Amount Per Serving	
Calories 140	Calories from Fat 25
%Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>26%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Potassium</b> 320mg	<b>9%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber <1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 25g	<b>51%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 4%
Phosphorus 15%	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		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:** Protein Blend (Ultrafiltered Whey Protein Concentrate [which contains Beta-lactoglobulin, Alpha-lactalbumin and Glycomacropeptides], Microfiltered Whey Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Salt, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

**DIRECTIONS:** For adults, take one (1) scoop (37 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.

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	546 mg	Alanine 1,105 mg
Isoleucine	1,460 mg	Arginine 748 mg
Leucine	2,637 mg	Aspartic Acid 2,807 mg
Lysine	2,223 mg	Cysteine 521 mg
Methionine	535 mg	Glutamic Acid 3,556 mg
Phenylalanine	824 mg	Glycine 472 mg
Threonine	1,917 mg	Proline 1,436 mg
Tryptophan***	411 mg	Serine 1,427 mg
Valine	1,400 mg	Tyrosine 751 mg

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

\*\*approximate values

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

Carefully Manufactured by Worldwide Sport Nutritional Supplements, Inc. Bayport, NY 11705



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