



## Perfect Protein® Whey

**Featuring a combination of high quality cross-flow micro-filtered whey isolate and hydrolyzed whey protein**

**Form:** Powder

**Flavor:** Chocolate

**Size:** 30 Servings

Protein is a crucial macronutrient needed to support overall health. It helps the body maintain energy levels, a healthy metabolism, and build and maintain muscle tissue. Meeting individual dietary protein goals may be challenging due to modern dietary and lifestyle factors.

Introducing new Perfect Protein® Whey—the perfect choice for wheybased protein.

Perfect Protein Whey features a combination of whey isolate and hydrolyzed whey—for 20 grams of high quality protein per serving, to deliver a complete protein source that helps support a healthy, active lifestyle.

It's an ideal way to add high quality protein into your diet.

Ingredients	Amount Per Serving	% Daily Value*
Serving Size	2 scoops (29g)	
Servings Per Container	30	
<b>Calories</b>	100	
<b>Total Fat</b>	1.5 g	2%
Saturated Fat	1 g	5%
<b>Sodium</b>	230 mg	10%
<b>Total Carbohydrate</b>	3 g	1%
Dietary Fiber	<1 g	3%
Total Sugars	1 g	
Included 1g Added Sugars		2%
<b>Protein</b>	20 g	40%
Vitamin D	0 mcg	0%
Iron	1 mg	6%
Calcium	40 mg	4%
Potassium	400 mg	8%
<b>Typical Amino Acid Profile (mg/Serving)*</b>		
L-Alanine	1,020 mg	
L-Arginine***	590 mg	
L-Aspartic Acid	2,140 mg	
L-Cystine (Cysteine)***	420 mg	
L-Glutamic Acid	3,620 mg	
Glycine***	390 mg	
L-Histidine**	360 mg	
L-Isoleucine (BCAA)**	1,160 mg	
L-Leucine (BCAA)**	2,170 mg	
L-Lysine**	1,900 mg	
L-Methionine**	460 mg	
L-Phenylalanine**	650 mg	
L-Proline***	1,170 mg	

L-Serine***	1,030 mg
L-Threonine**	1,400 mg
L-Tryptophan**	340 mg
L-Tyrosine***	600 mg
L-Valine (BCAA)**	1,200 mg

**Ingredients:** Whey protein isolate (milk), hydrolyzed whey protein isolate (milk), organic cocoa powder (processed with alkali),<sup>†</sup> organic cane sugar, medium-chain triglycerides, natural flavors,<sup>††</sup> silica, salt, rice bran, and rebaudioside A (from Stevia rebaudiana leaf extract). **Contains: Milk.**

**Directions:** Take one serving once daily or as directed by your healthcare provider. Blend, shake, or briskly stir 2 scoops (29 g) into 7 fluid ounces of chilled water.

**This product is non-GMO and gluten-free.**

**Caution:** Keep out of reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep tightly closed in a cool, dry place.

**WARNING: VERY LOW CALORIE PROTEIN DIETS (BELOW 400 CALORIES PER DAY) MAY CAUSE SERIOUS ILLNESS OR DEATH. DO NOT USE FOR WEIGHT REDUCTION IN SUCH DIETS WITHOUT MEDICAL SUPERVISION. NOT FOR USE BY INFANTS, CHILDREN, OR PREGNANT OR NURSING WOMEN.**

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

<sup>†</sup>Cocoa Horizons Foundation Verified

<sup>††</sup>No MSG

\*The % Daily Value (DV) tells you how much a

nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*\*Contributed by whey protein and cocoa powder

\*\*\*Essential amino acid

<sup>†</sup>Conditionally essential amino acid