

DIRECTIONS: For adults, take one (1) scoop (33 g), one to four times daily.

Supplement Facts		
Serving Size 1 Scoop (33 g) Servings Per Container about 22		
Amount Per Serving		%Daily Value
Calories	130	
Calories from Fat	20	
Total Fat	2 g	3%**
Saturated Fat	1 g	5%**
Trans Fat	0 g	
Cholesterol	40 mg	13%
Total Carbohydrate	5 g	2%**
Dietary Fiber	<1 g	3%**
Sugars	3 g	***
Protein	23 g	45%**
Calcium	109 mg	11%
Iron	0.4 mg	2%
Phosphorus	95 mg	10%
Magnesium	15 mg	4%
Sodium	55 mg	2%
Potassium	140 mg	4%
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	170 mg	***

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

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa, Fructose, Natural Flavors, Soy Lecithin, Stevia Extract.

Contains milk and soy ingredients.

Contents are sold by weight. Some settling may occur.



Typical Amino Acid Profile (milligrams per 33 g scoop****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	437 mg	Alanine	1,099 mg
Isoleucine	1,417 mg	Arginine	531 mg
Leucine	2,406 mg	Aspartic Acid	2,426 mg
Lysine	1,966 mg	Cysteine	563 mg
Methionine	467 mg	Glutamic Acid	3,133 mg
Phenylalanine	741 mg	Glycine	408 mg
Threonine	1,509 mg	Proline	1,356 mg
Tryptophan****	387 mg	Serine	1,083 mg
Valine	1,310 mg	Tyrosine	681 mg

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

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

For questions or reorders call:
1-800-854-5019
or visit our website at www.sportnutrition.com



Fold A

Eat Good. Look Great.

PURE PROTEIN

130 CALORIES
3g SUGAR

Natural Whey Protein

23g PREMIUM PROTEIN

Rich Chocolate
Natural Flavors

✓ **No Artificial Flavors, Artificial Sweeteners or Colors**

✓ **Supports Lean Muscle & Strength***

✓ **Helps Maintain Overall Health***

Protein Powder Supplement
Net Wt. 1.6 lb. (25.6 oz.) (725 g)

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

Pure Protein® Natural Whey is 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 23 g protein, each nutritious serving of Pure Protein® Natural Whey provides a low fat, great-tasting treat any time of the day.*

- Contains no aspartame or other artificial ingredients.
- Provides gold standard, cross-flow Whey Protein sources including Microfiltered Whey Protein Isolate and 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.

***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.**

Each serving contains approximately 5 g of the following Branched Chain Amino Acids from protein:

Which typically provides:

- Isoleucine 1.4 g
- Leucine 2.4 g
- Valine 1.3 g

USE PURE PROTEIN® 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: For a delicious treat.

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.

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.

Fold B