

## Nutrition Facts

Serving Size: 2 Scoops (40 g)

Servings Per Container: 22

### Amount Per Serving

Calories 140      Calories from Fat 15

% Daily Value\*

**Total Fat** 2 g      **3%**

Saturated Fat 1 g      **5%**

Trans Fat 0 g

**Cholesterol** 50 mg      **17%**

**Sodium** 80 mg      **3%**

**Potassium** 230 mg      **7%**

**Total Carbohydrate** 14 g      **5%**

Dietary Fiber 7 g      **28%**

Sugars 5 g

**Protein** 20 g      **40%**

Vitamin A 0%      •      Vitamin C 2%

Calcium 20%      •      Iron 4%

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

		2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 g	3,500 g
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** WHEY PROTEIN CONCENTRATE, INULIN (FRUCTOOLIGOSACCHARIDES [FROM CHICORY ROOT]), ORGANIC SWEET WHEY POWDER, ORGANIC NONFAT DRY MILK, ACACIA (GUM ARABIC), NATURAL FLAVORS, GUAR GUM, ORGANIC COCOA POWDER, SUNFLOWER LECITHIN, CHIA SEEDS, MEDIUM CHAIN TRIGLYCERIDES, LUO HAN GUO JUICE CONCENTRATE, PROBIOTIC BLEND (*LACTOBACILLUS ACIDOPHILUS*, *LACTOBACILLUS RHAMNOSUS*, *BIFIDOBACTERIUM BIFIDUM*, *BIFIDOBACTERIUM LONGUM*, *BIFIDOBACTERIUM LACTIS*, *LACTOBACILLUS PLANTARUM*), ARABINOGALACTAN.

**CONTAINS MILK.**

**DISTRIBUTED BY:** NHP  
125 SW 3rd Place  
Cape Coral, FL 33991 USA  
(877) 985-2696

**DR. MERCOLA®**  
PREMIUM NUTRITION

# PURE POWER PROTEIN

Whey Protein Concentrate with Chia Seeds

With 20 grams of High-Quality Protein  
Per Serving from Pasture-Fed Cows' Whey

Pure Power Protein contains Fructooligosaccharide Prebiotics, and 15 Billion CFU Probiotics [at time of manufacture].

It's free of synthetic preservatives, added sugars, and artificial sweeteners.

Pure Power Protein can help you get an edge over the competition, and support your fitness efforts.

**SUGGESTED USE:** Adults, mix two (2) scoops (40 g) with 8 oz. of water or milk until desired consistency is reached.

**DO NOT USE IF SAFETY SEAL IS TORN OR DAMAGED.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

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

Dr. Mercola has been providing quality products since 2001.

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