

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 1.5 g **8%**

 Trans Fat 0 g

Cholesterol 50 mg **17%**

Sodium 85 mg **4%**

Potassium 140 mg **4%**

Total Carbohydrate 14 g **5%**

 Dietary Fiber 8 g **32%**

 Sugars 6 g

Protein 20 g **40%**

Vitamin A 0% • Vitamin C 0%

Calcium 20% • Iron 2%

* 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	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	
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, ACACIA (GUM ARABIC), ORGANIC NONFAT DRY MILK, CHIA SEEDS, GUAR GUM, NATURAL FLAVORS, BANANA POWDER, SUNFLOWER LECITHIN, MEDIUM CHAIN TRIGLYCERIDES, PROBIOTIC BLEND (*LACTOBACILLUS ACIDOPHILUS*, *LACTOBACILLUS RHAMNOSUS*, *BIFIDOBACTERIUM BIFIDUM*, *BIFIDOBACTERIUM LONGUM*, *BIFIDOBACTERIUM LACTIS*, *LACTOBACILLUS PLANTARUM*), LUO HAN GUO JUICE CONCENTRATE, TURMERIC (for Color), ARABINOGALACTAN.

CONTAINS MILK.

DISTRIBUTED BY: NHP

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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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