

## Nutrition Facts

Serving Size: 2 Scoops (40 g)

Servings Per Container: 22

Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 50 mg	<b>17%</b>
<b>Sodium</b> 100 mg	<b>4%</b>
<b>Potassium</b> 130 mg	<b>4%</b>
<b>Total Carbohydrate</b> 14 g	<b>5%</b>
Dietary Fiber 8 g	<b>32%</b>
Sugars 5 g	
<b>Protein</b> 20 g	<b>40%</b>

Vitamin A 0% • Vitamin C 0%

Calcium 15% • 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
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]), ACACIA (GUM ARABIC), ORGANIC SWEET WHEY POWDER, ORGANIC NONFAT DRY MILK, GUAR GUM, NATURAL FLAVORS, SUNFLOWER LECITHIN, CHIA SEEDS, MEDIUM CHAIN TRIGLYCERIDES, PROBIOTIC BLEND (*LACTOBACILLUS ACIDOPHILUS*, *LACTOBACILLUS RHAMNOSUS*, *BIFIDOBACTERIUM BIFIDUM*, *BIFIDOBACTERIUM LONGUM*, *BIFIDOBACTERIUM LACTIS*, *LACTOBACILLUS PLANTARUM*), LUO HAN GUO JUICE CONCENTRATE, 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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