

**Pure Protein® Shakes** were developed as a great-tasting way to supplement your protein needs and provide a healthy option for pre/post workouts. You know that protein is essential for optimal body function, strength, muscle tone and lean body mass. Well, with our shakes, protein never tasted so good! And, the shakes provide an excellent source of calcium to help build strong bones. With 35 grams of protein, 1% DV of carbs for low carb lifestyles, NO added sugar\*\* and NO aspartame...it is time for you to EAT GOOD and LOOK GREAT!

**Directions:** For adults, drink 1 can as a high protein snack.



**Shake Gently**  
**Serve Chilled**

**Contents Under Pressure:**  
**Open Slowly to Reduce**  
**Potential Splashing**  
**Refrigerate After**  
**Opening**

**KEEP OUT OF REACH**  
**OF CHILDREN**

\*\*Not a low calorie food.  
See Nutrition Facts for  
further information on  
sugar and calorie content.

**ME 5¢**

*Eat Good. Look Great.*

# PURE PROTEIN® Shake

**35** Grams of Protein  
**3** Grams of Carbs



**Chocolate Mint**

Naturally & Artificially Flavored



11 FL. OZ.  
(325 mL)

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

## Nutrition Facts

Serving Size 1 Can

### Amount Per Serving

Calories 160	Calories from Fat 10	
		%Daily Value*
<b>Total Fat</b> 1.5g		2%
Saturated Fat 0.5g		3%
Trans Fat 0g		
<b>Cholesterol</b> 15mg		5%
<b>Sodium</b> 160mg		7%
<b>Potassium</b> 250mg		7%
<b>Total Carbohydrate</b> 3g		1%
Dietary Fiber 2g		8%
Sugars 1g		
<b>Protein</b> 35g		70%
Vitamin A 0%	Vitamin C 0%	
Calcium 90%	Iron 8%	
Phosphorus 50%	Magnesium 10%	

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

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Water, Protein Blend (Milk Protein Concentrate, Calcium Caseinate), Cocoa (processed with alkali) Tricalcium Phosphate, Cellulose Gel, Natural and Artificial Flavor (contains caramel color), Soybean Oil, Sucralose, Salt, Sodium Citrate, Cellulose Gum, Dipotassium Phosphate, Acesulfame Potassium, Carageenan.

Contains milk and soy ingredients.

For questions or reorders call:  
1-800-854-5019 or visit our website at  
[www.sportnutrition.com](http://www.sportnutrition.com) or  
[www.eatgoodlookgreat.com](http://www.eatgoodlookgreat.com)

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