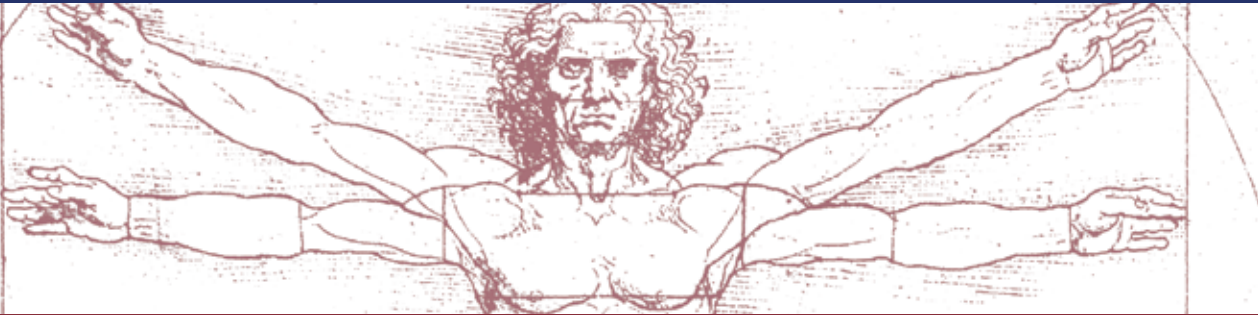


**DR. MERCOLA®**  
PREMIUM SUPPLEMENTS

# Pro-Optimal Whey™



Dietary Supplement

NET WT. 19.2 OZ  
(1 LB. 3.2 OZ)  
(540 g)

**Chocolate**  
NATURAL CHOCOLATE FLAVOR  
WITH OTHER NATURAL FLAVORS



## Supplement Facts

Serving Size: 1 Scoop (30 grams)  
Servings Per Container: 18

	Amount Per Serving	%Daily Value		Amount Per Serving	%Daily Value
Calories	110		Magnesium (from Magnesium Glycinate Chelate)	48 mg	11%
Total Fat	1 g	1%*	Zinc (from Zinc Bisglycinate Chelate)	3.3 mg	30%
Saturated Fat	1 g	5%*	Chromium (from Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
Cholesterol	20 mg	7%*	Sodium	115 mg	5%
Total Carbohydrate	5 g	2%*	Potassium	110 mg	2%
Dietary Fiber	1 g	4%*	Immunoglobulins	2.1 g	**
Total Sugars	2 g		L-Glutamine	900 mg	**
Added Sugars	0 g	0%*	Conjugated Linoleic Acid (CLA)	120 mg	**
Protein	17 g	34%*	Taurine	95 mg	**
Vitamin C (as Ascorbic Acid)	90 mg	100%	Enzyme Blend	50 mg	**
Vitamin E (as d-Alpha Tocopherol)	9 mg	60%	Amylase	2200 DU	**
Thiamin (Vitamin B <sub>1</sub> ) (from Thiamin Mononitrate)	2.5 mg	208%	Protease 4.5	5000 HUT	**
Riboflavin (Vitamin B <sub>2</sub> )	2.1 mg	162%	Protease 3.0	10.7 SAPU	**
Niacin (as Niacinamide)	4 mg	25%	Protease 6.0	2000 HUT	**
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	2.5 mg	147%	Lactase	400 ALU	**
Vitamin B <sub>12</sub> (as Methylcobalamin)	6 mcg	250%	Inositol	48 mg	**
Biotin (as d-Biotin)	100 mcg	333%			
Calcium	90 mg	7%			
Iron	0.5 mg	3%			

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

**OTHER INGREDIENTS:** Whey Protein Concentrate, Cocoa Powder, Natural Flavors, Tapioca Maltodextrin, Sunflower Lecithin, Vegetable Cellulose, Stevia (Leaf) Extract, Sodium Chloride.

**CONTAINS MILK.**

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

## Pro-Optimal Whey™

Pro-Optimal Whey is made with a gentle, cold processing and drying technique to preserve the fragile nutrients and amino acids naturally found in whey. There is no microfiltration, hydrolyzation, ion exchange or acid processing used which can denature the beneficial protein components.

Pro-Optimal Whey is sourced from grass fed cows that are not given added hormones or antibiotics as part of their diet. Milk products from grass fed cows tend to have higher levels of nutrients such as CLA and Immunoglobulins than their grain fed counterparts. Pro-Optimal Whey also contains a full spectrum enzyme blend, which aids in the digestion of the small amounts of lactose present and helps break down the high quality proteins found in whey.

**SUGGESTED USE:** Adults, mix one (1) scoop (30 g) with 8 oz. of water or milk until desired consistency is reached.

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**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.

