

DR. MERCOLA®
PREMIUM SUPPLEMENTS

Pro-Optimal Whey™



Dietary Supplement

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

Vanilla
NATURAL VANILLA 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	120		Zinc (from Zinc Bisglycinate Chelate)	3.3 mg	30%
Total Fat	1.5 g	2%*	Chromium (from Chromium Nicotinate Glycinate Chelate)	50 mcg	143%
Saturated Fat	1 g	5%*	Sodium	70 mg	3%
Cholesterol	25 mg	8%*	Potassium	110 mg	2%
Total Carbohydrate	3 g	1%*	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 ₁) (from Thiamin Mononitrate)	2.5 mg	208%	Protease 4.5	5000 HUT	**
Riboflavin (Vitamin B ₂)	2.1 mg	162%	Protease 3.0	10.7 SAPU	**
Niacin (as Niacinamide)	4 mg	25%	Protease 6.0	2000 HUT	**
Vitamin B ₆ (as Pyridoxine HCl)	2.5 mg	147%	Lactase	400 ALU	**
Vitamin B ₁₂ (as Methylcobalamin)	6 mcg	250%	Inositol	48 mg	**
Biotin (as d-Biotin)	100 mcg	333%			
Calcium	90 mg	7%			
Magnesium (from Magnesium Glycinate Chelate)	48 mg	11%			

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

OTHER INGREDIENTS: Whey Protein Concentrate, Natural Flavors, Sunflower Lecithin, Vegetable Cellulose, Tapioca Maltodextrin.

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 counter parts. 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.

