

QUEST Protein POWDER®

GREAT FOR SHAKES, BAKING, & COOKING

22g
PROTEIN
PER SCOOP

60%
WHEY PROTEIN
ISOLATE

40%
MICELLAR
CASEIN

LESS THAN
1g
SUGAR‡
per serving
Not a low-calorie food.
See nutrition facts.

Serving
suggestion

**SALTED CARAMEL
FLAVOR**

Nutrition Facts

Serving Size 1 scoop (28g)
Servings Per Container 32

Amount Per Serving		Calories from Fat 0	
		% Daily Values*	
Calories	100		
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	15mg	5%	
Sodium	310mg	12%	
Potassium	80mg	2%	
Total Carbohydrate	3g	1%	
Dietary Fiber	<1g	2%	
Sugars	<1g		
Protein	22g	44%	
Vitamin A	0%	Vitamin C	0%
Calcium	25%	Iron	2%
Phosphorus	15%	Magnesium	6%

*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	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50mg	65mg

Ingredients: Protein Blend (Whey Protein Isolate, Micellar Casein), Natural Flavors. **Contains less than 2% of the following:** Sunflower Lecithin, Cellulose Gum, Steviol Glycosides (Stevia), Salt, Xanthan Gum, Sucralose.

Contains: Milk-Derived Ingredients.

Manufactured by: © Quest Nutrition, LLC
City Of Industry, CA, 91745
QUESTNUTRITION.COM 888.212.0601

‡ Not a low-calorie food

QUEST® Recipes

The Perfect Shake

- Use 8 ounces of cold water or other chosen liquid per full scoop of Quest Protein.
- Whip in a blender if possible for best texture.

When adding fruit or other ingredients, more water may be needed to achieve desired consistency.

Serving suggestions

Recipe Book Included!



Shakes



Neapolitan
Cake



Chocolate
Lava Cake



Carrot
Cake Muffin

Find more recipes at QuestNutrition.com/Kitchen

SHARE YOUR QUEST RECIPE WITH US
#CHEATCLEAN®

YOU MAY SEE YOUR RECIPE FEATURED!

@QUESTNUTRITION™

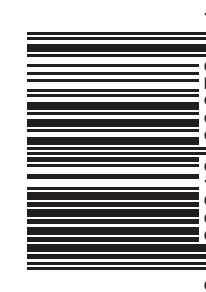
QUEST
Protein
POWDER®

TASTE, REIMAGINED.
Quest® flavored Protein Powder is a tasty, decadent blend. Even when it's simply mixed with water. We've transformed high quality protein into impossibly delicious flavors that are distinctly Quest®. But we didn't stop there.

CHEAT DAY, EVERYDAY.
Quest Protein Powder® is a groundbreaking cooking companion for your favorite #CheatClean® recipes. Ditch the junk for this perfect ingredient swap to turn a carb-heavy cheat into a protein-rich treat.

PROTEIN PER CALORIE.
We believe the greatest measure of a protein powder is its protein-to-calories percentage. The higher, the better. Quest Protein Powder® has one of the highest percentages of any protein because we don't add any junk. It's just amazing taste and excellent nutrition.

This package is sold by weight, not volume. Some settling of contents may have occurred during shipping and handling. Keep container closed and in a cool, dry location.
Notice: For weight reduction, use only as directed with a prescribed diet plan. Do not use in diets supplying less than 400 calories per day without medical supervision.



NET WT 32oz (2lb) (907g)