

# Nutrition Facts

About 13 servings per container

**Serving size 30g (About 1 Scoop)**

Amount per serving

**Calories 110**

% Daily Value\*\*

**Total Fat** 1.5g **2%**

Saturated Fat 1g **5%**

**Cholesterol** 35mg **12%**

**Sodium** 105mg **5%**

**Total Carbohydrate** 4g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 20g **40%**

Calcium 420mg 30%

Iron 0.9mg 6%

Potassium 180mg 4%

Vitamin A 370mcg 40%

Vitamin C 15mg 15%

Vitamin E 5mg 35%

Vitamin K 20mcg 15%

Thiamin 0.38mg 30%

Riboflavin 0.43mg 35%

Niacin 5mg 30%

Vitamin B<sub>6</sub> 0.5mg 30%

Folate 165mcg DFE (95mcg folic acid) 40%

Vitamin B<sub>12</sub> 2.43mcg 100%

Biotin 75mcg 250%

Pantothenic Acid 2.5mg 50%

Phosphorus 320mg 25%

Iodine 37mcg 25%

Magnesium 130mg 30%

Zinc 4.1mg 35%

Selenium 17mcg 30%

Copper 0.54mg 60%

Manganese 0.5mg 20%

Chromium 30mcg 90%

Molybdenum 18.5mcg 40%

Chloride 70mg 4%

Not a significant source of *trans* fat and Vitamin D.

\*\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Whey Protein Isolate, Whey Protein Concentrate, Cocoa (Processed with Alkali), Vitamin and Mineral Blend [Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Silicon Dioxide, Niacinamide, D-Alpha-Tocopheryl Acetate, Zinc Oxide, Biotin, D-Calcium Pantothenate, Vitamin A Acetate, Potassium Iodide, Chromium Chloride, Copper Sulfate, Pyridoxine Hydrochloride, Riboflavin, Sodium Molybdate, Sodium Selenite, Manganese Sulfate, Thiamine Mononitrate, Folic Acid, Phytonadione, Cyanocobalamin], Natural and Artificial Flavor, Guar Gum, Sunflower and/or Soy Lecithin, Salt, Sucralose.

**Contains: Milk and Soy.**

**Manufactured for:** Glanbia Performance Nutrition (NA), Inc.

3500 Lacey Road, Suite 1200, Downers Grove, IL 60515

Call us at 1-877-309-3329. Visit us at [theisopurecompany.com](http://theisopurecompany.com)

**Keep in a cool, dry place.**

**Manufactured in the USA. This product contains ingredients of international and domestic origin.**

**Why Use:** To help meet your daily protein intake goals and support lean muscle building\*.

**When to Use:** Breakfast, lunch, dinner, anytime or before/after exercise.

**Directions:** For a rich, thick shake, mix 30g (about 1 scoop) with 6-8 fl oz of water in a shaker or blender. If a shaker or blender is not convenient, **ISOPURE® Essentials** can be stirred into solution with a spoon.

**Suggested Use:** For healthy adults, consume enough protein to meet your daily protein requirement with a combination of high protein foods and protein supplements throughout the day as part of a balanced diet and exercise program.

**Quality Commitment:** ISOPURE products are manufactured in accordance with Good Manufacturing Practices (GMP) established by the U.S. Food and Drug Administration (FDA). To assure the highest quality and food safety standards, and adhere to label claims, ISOPURE products are tested by our Quality Assurance team laboratories.

\*When taken over time with regular resistance training.



**CONTENTS SOLD  
BY WEIGHT NOT  
VOLUME.  
SETTLING WILL  
OCCUR.**

