

SUGGESTED USE: MIX ONE SCOOP (32 G) DAILY IN 6-8 OUNCES OF WATER, MILK OR YOUR FAVORITE BEVERAGE, OR USE AS DIRECTED BY YOUR HEALTHCARE PRACTITIONER. FOR BEST RESULTS, USE A SHAKER OR BLENDER AND SERVE COLD.

Nutrition Facts

Servings per container about 28

Serving size

1 scoop (32g)

Amount per serving

Calories **120**

		%DV*
Total Fat	2g	3%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	180mg	8%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 0g Added Sugars		0%
Protein	22g	40%
Vitamin D	1mcg	6%
Calcium	190mg	15%
Iron	0mg	0%
Potassium	160mg	4%

* The % Daily Value (DV) 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: Jocko Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Egg White Protein), Natural Flavors, **Jocko GOOD Sweetener**® (Allulose, Reb-M, Monk Fruit Extract), Giar Gum, Acaia, Xanthan Gum, Sunflower Lecithin, Sea Salt, *L. Acidophilus*, Prolydroxy (Amylase, Lactase, Lipase, Protease I, Protease II).

CONTAINS: MILK, Egg. Produced in a facility that also processes soy, fish, shellfish, peanuts, tree nuts, and wheat.

DISTRIBUTED BY: JOCKO FUEL, LLC, JAY, ME 04239

1-888-858-1416 JOCKOFUEL.COM

Typical Amino Acid Profile Per Serving

Alanine	1056 mg
Arginine	571 mg
Aspartic Acid	2210 mg
Cysteine	448 mg
Glutamic Acid	3705 mg
Glycine	386 mg
Histidine #	374 mg
Isoleucine #	1236 mg
Leucine #	2280 mg
Lysine #	1990 mg
Methionine #	487 mg
Phenylalanine #	688 mg
Proline	1283 mg
Serine	1076 mg
Threonine #	1459 mg
Tryptophan #	342 mg
Tyrosine	623 mg
Valine #	1244 mg

Essential Amino Acids

BCAAs

The L-Tryptophan indicated is from naturally occurring sources of protein.

CONSULT YOUR PHYSICIAN BEFORE

USE IF YOU ARE PREGNANT,

NURSING, HAVE A MEDICAL

CONDITION, OR ARE TAKING ANY

MEDICATION. KEEP OUT OF REACH

OF CHILDREN.



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