

SUGGESTED USE: MIX ONE SCOOP (34 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 26

**Serving size** **1 scoop (34g)**

**Amount per serving**  
**Calories** **120**

		%DV*
<b>Total Fat</b>	2.5g	3%
Saturated Fat	1.5g	8%
Trans Fat	0g	
<b>Cholesterol</b>	50mg	17%
<b>Sodium</b>	210mg	9%
<b>Total Carbohydrate</b>	5g	2%
Dietary Fiber	0g	0%
Total Sugars	1g	
Includes 0g Added Sugars		0%
<b>Protein</b>	22g	40%

Vitamin D	1mcg	6%
Calcium	190mg	15%
Iron	2mg	10%
Potassium	520mg	10%

\*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), Alkalinized Cocoa, Natural Flavors, **Jocko GOOD Sweetener®** (Allulose, Reb-M, Monk Fruit Extract), Guar Gum, Acacia, Xanthan Gum, Sunflower Lecithin, Sea Salt, Potassium Chloride, *L. Acidophilus*, Prohydroxy (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.

## Typical Amino Acid Profile Per Serving

Alanine	1008 mg
Arginine	545 mg
Aspartic Acid	2110 mg
Cysteine	428 mg
Glutamic Acid	3585 mg
Glycine	369 mg
Histidine †	357 mg
Isoleucine ‡‡	1181 mg
Leucine ‡‡	2177 mg
Lysine †	1899 mg
Methionine ††	465 mg
Phenylalanine ††	639 mg
Proline	1228 mg
Serine	1028 mg
Threonine †	1393 mg
Tryptophan ‡‡‡	326 mg
Tyrosine	595 mg
Valine ††	1189 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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