

## PRODUCT SUMMARY

Pure Protein Complete™ is a formulated supplementary sports food designed to give you a protein boost whenever and wherever you need it. Protein is necessary for tissue building and repair, and is essential for whole-body health, contributing to the growth and maintenance of muscle mass and the maintenance of normal bones.

Pure Protein Complete™ comes in two delicious flavours - Vanilla Spice and Chocolate Deluxe - and contains three different protein sources: whey, pea & egg proteins. Blended proteins can be beneficial because it means there is a combination of fast and slow release proteins, so your body is being fuelled for an extended period of time! As an added benefit, both flavours contain Orange essential oil which is known for its uplifting and energising citrus flavour.

## BENEFITS & FEATURES

- Multi-nutrient shake that delivers 100% of your recommended daily intake of Zinc and 50% of your recommended daily intake of Thiamin, Riboflavin, Niacin, Pantothenic Acid, Vitamin B6 and Biotin.
- Formulated supplementary sports food
- 25g of protein per serving
- 3 different protein sources: whey, pea & egg proteins
- Contains amino acids
- Available in 2 flavours:
  - Vanilla Spice (162 cal)
  - Chocolate Deluxe (179 cal)
- Formulated with Orange essential oil
- Does not contain caffeine

## SUGGESTED USE

Directions: Add 2 heaped scoops to 200ml of cold water (41g Vanilla Spice or 46g Chocolate Deluxe). Shake or stir until completely mixed. Consume immediately. Consume 1 serving per day.

May be mixed with rice, almond, or other milk. Shake, stir, or blend until smooth. For added flavour, add fruit or Young Living culinary oils.



## STORAGE

Keep in a cool, dark place. Use contents within 6 weeks of opening. Keep jar well sealed when not in use and avoid exposure to moisture.

## CAUTION

Keep out of reach of children. Not suitable for children under 15 years of age or pregnant women. Should only be used under medical or dietetic supervision.

Note: this food is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise program.

## INGREDIENTS

*Chocolate Deluxe: Protein blend [Whey protein concentrate (Whey (Milk), Sunflower lecithin), Egg albumin powder, Organic pea protein], Organic coconut sugar, Cocoa powder 9%, L-Glutamine, L-Leucine, Natural flavour (Milk), L-Lysine, L-Isoleucine, L-Valine, Vegetable gum (415), L-Methionine, Salt, Minerals (Zinc sulphate), Orange (Citrus sinensis) Rind essential oil, Sweetener (Steviol glycosides), Vitamins (Niacin Pantothenic acid, Riboflavin, Pyridoxine, Thiamin, Biotin), Lactobacillus acidophilus. Contains Egg and Milk.*

*Vanilla Spice: Protein blend [Whey protein concentrate (Whey (Milk), Sunflower lecithin), Egg albumin powder, Organic pea protein], Organic coconut sugar, L-Glutamine, Natural flavour (Milk), L-Leucine, L-Lysine, L-Isoleucine, L-Valine, Vegetable gum (415), L-Methionine, Salt, Cinnamon bark powder, Minerals (Zinc sulphate), Orange (Citrus sinensis) Rind essential oil, Sweetener (Steviol glycosides), Vitamins (Niacin, Pantothenic acid, Riboflavin, Pyridoxine, Thiamin,*

## PURE PROTEIN COMPLETE™ - VANILLA SPICE NUTRITION INFORMATION

Servings per package: 18  
Serving size: 41g in 200mL cold water

	Average Quantity per serving	Average Quantity per 100 mL (when prepared as directed)
Energy	677kJ (162Cal)	301kJ (72Cal)
Protein	25.0g	11.1g
Fat, total	1.7g	Less than 1g
– saturated	1.0g	0.4g
Carbohydrate	11.1g	4.9g
– sugars	9.9g	4.4g
Sodium	126mg	56mg
Potassium	189mg	84mg
Calcium	105mg (13%RDI*)	47mg
Zinc	12mg (100%RDI*)	5.3mg
Thiamin	0.55mg (50%RDI*)	0.24mg
Riboflavin	0.85mg (50%RDI*)	0.4mg
Niacin	5.0mg (50%RDI*)	2.2mg
Pantothenic Acid	2.5mg (50%ESADDI**)	1.1mg
Vitamin B6	0.8mg (50%RDI*)	0.4mg
Biotin	15mcg (50%ESADDI**)	6.7mcg

## PURE PROTEIN COMPLETE™ - CHOCOLATE DELUXE NUTRITION INFORMATION

Servings per package: 18  
Serving size: 46g in 200mL cold water

	Average Quantity per serving	Average Quantity per 100 ml (when prepared as directed)
Energy	750kJ (179Cal)	330kJ (79Cal)
Protein	25.7g	11.4g
Fat, total	2.1g	Less than 1g
– saturated	1.3g	0.6g
Carbohydrate	12.9g	5.7g
– sugars	11.5g	5.1g
Sodium	127mg	56mg
Potassium	376mg	165mg
Calcium	113mg (14%RDI*)	50mg
Zinc	12mg (100%RDI*)	5.3mg
Thiamin	0.55mg (50%RDI*)	0.24mg
Riboflavin	0.85mg (50%RDI*)	0.4mg
Niacin	5.0mg (50%RDI*)	2.2mg
Pantothenic Acid	2.5mg (50%ESADDI**)	1.1mg
Vitamin B6	0.8mg (50%RDI*)	0.4mg
Biotin	15mcg (50%ESADDI**)	6.6mcg

## FREQUENTLY ASKED QUESTIONS

### Q. Does this product have the same formula as the Pure Protein Complete™ sold in the USA?

A. Due to regulatory differences between USA and Australia/New Zealand, the formula isn't exactly the same as the USA product. The Australia/New Zealand product contains the best quality ingredients and most beneficial formula possible.

### Q. How many servings are there per container?

A. There are 18 servings per container of Pure Protein Complete™.

### Q. Where is the whey protein sourced from?

A. The whey protein is sourced from grass fed Australian cows.

### Q. What is the difference between Balance Complete™ and Pure Protein Complete™?

A. Balance Complete™ is a formulated meal replacement that can be used to replace your least nutritional meal, while Pure Protein Complete™ is a protein shake that should be used before or after exercise.

### Q. Can Pure Protein Complete™ be used as a meal replacement shake?

A. No, Pure Protein Complete™ is a formulated supplementary sports food and should be consumed in conjunction with a nutritious diet and exercise program.

## COMPLEMENTARY PRODUCTS

### YL Blender Bottle

Item No. 4609



### Mineral Essence™

Item No. 322202



### NingXia Red®

Item No. 3042560



### Balance Complete™

Item No. 329202

