



PURE PROTEIN COMPLETE

CHOCOLATE DELUXE AND VANILLA SPICE

Pure Protein Complete™ is a blend of five high-quality protein sources that provide 25 grams of protein per serving, in two delicious flavors: Chocolate Deluxe and Vanilla Spice! Drink Pure Protein Complete daily to provide your body with the crucial muscle-building protein you need.

In addition to offering 25 grams of protein, Pure Protein Complete offers a variety of benefits:

- Supports your body in building lean muscle.
- Ancient peat, apple extract, and a vitamin B complex support your production of ATP, the energy currency of the body.
- The blend of five proteins delivers a full range of essential amino acids.
- Contains no trans fat and is soy free.
- Makes a great before- or after-workout snack.

Pure Protein Complete is also delicious as a mix-in for smoothies. Try these great recipes or come up with your own!

CHOCOLATE PEANUT BUTTER BANANA BLITZ

- 2 scoops Chocolate Deluxe Pure Protein Complete
- 1-1½ cups almond milk (or other kind of milk)
- 2 tablespoons peanut butter
- 5-6 ice cubes
- 1 banana
- 1 drop Cinnamon Bark Vitality™

Add ingredients to blender and blend to desired consistency.



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VANILLA BERRY SPLASH

- 2 scoops Vanilla Spice Pure Protein Complete
- 1-1½ cups almond milk (or other kind of milk)
- ½ cup fresh strawberries or raspberries
- 1 drop Cinnamon Bark Vitality™ or Clove Vitality essential oil
- 5-6 ice cubes

Add ingredients to blender and blend to desired consistency.