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You have chosen the leading, medical doctor recommended whey protein meal replacement program. Our meal replacement whey protein drink mix is back by leading board certified bariatric and minimally invasive surgeons, Dr. Christopher Joyce, M.D., F.A.C.S., and Dr. Brian Lahmann, M.D., F.A.C.S. of the Bariatric and Minimally Invasive Surgery.

M.D. PROTEIN is specifically designed for individuals who are looking for an ultra high quality protein to supplement their diet and serve as a meal replacement. M.D. PROTEIN is made from the purest grade, non-denatured, specially filtered and ion exchanged whey protein available. Every serving is packed with a high biological value protein that is low in carbs, fat and calories.

Our meal replacement provides the perfect natural balance of the essential amino acids your body requires for improved nitrogen balance, muscle growth and protein synthesis in a readily absorbed and utilized form. M.D. PROTEIN is high in Branches Chain Amino Acids (BCAAs) to protect and fuel lean muscle tissue during high intensity exercise. M.D. PROTEIN is free of gluten, wheat and GMO. The benefits of a whey protein rich diet helps the body burn fat and grow lean muscle, while strategically replacing excessive calories with a tasty meal replacement.

For more information about M.D. PROTEIN and other great medical doctor recommended lines of vitamins and nutritional supplements please visit www.BMISurgery.org or contact us at 815-717-8744. If you are not satisfied with this product in any way, please contact Customer Service at 800-808-8800.

Directions for Use:
For a great tasting protein shake, fill a shaker bottle with 6-8 ounces of cold water. Add 1 scoop of M.D. PROTEIN. Cover and shake for 25-30 seconds. Enjoy.

SERVING SCOOP INCLUDED BUT MAY SETTLE TO THE BOTTOM DURING SHIPPING

For Building Lean Muscle:
Muscle is mainly protein and water. To build lean muscle faster, take 2.5-2.8g of protein per day per kilo of lean body mass.

Body weight — (body weight x % body fat) = Lean Body Mass (LBM)

(1 Kilogram = 2.2 pounds)

LBM kg/lbs	50/110	70/154	80/176	90/198	100/220
Protein/Day g	75	105	120	135	150
Ultimate Protein g	30	50	60	70	80

For Weight Measurement:
The Secret to dieting is to lose fat, not muscle. Total protein intake should be 1.5-2g of protein per day per kilo of lean body mass (LBM). For efficient weight loss, approximately 50% of your daily protein intake should be from M.D. PROTEIN.

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BMI

M.D. PROTEIN

DOCTOR RECOMMENDED MEAL REPLACEMENT PROGRAM

MILK CHOCOLATE COCONUT COOKIE

IMPROVED FLAVOR!

WHEY PROTEIN

Net Weight 37oz. (2 lbs. 5oz.) (1050g) Dietary Supplement

BMI

Supplement Facts

Serving Size: 1 Scoop (35g)
Servings Per Container: 30

Amount Per Serving	% Daily Value*
Calories 130	
Total Fat 2.5g	3%
Saturated Fat 2g	9%
Cholesterol 55mg	18%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	2%
Total Sugars 4g	†
Includes 1g of Added Sugar	3%
Protein 23g	47%
Vitamin D 0.6mcg	3%
Calcium 130mg	10%
Iron 0.4mg	2%
Sodium 110mg	5%
Potassium 190mg	4%

*Percent Daily values are based on a 2,000 calorie diet.
†Daily value not established.

INGREDIENTS: Whey Protein Concentrate, Soy Isolate, Toasted Coconut Shreds, Dextrose, Cocoa, Natural Flavors, Whey Protein Isolate, Sunflower Lecithin, Xanthan Gum, Sucralose, DigestEB Super™ (Amylase, Protease Blend (I, II, and III), Lipase, Alpha-Galactosidase, Cellulase, Papain, HemiCEB™, Glucoamylase, Diastase, Lactase, Peptizyme SP™, Bromelain, Invertase, Maltodextrin).

Allergen Warning: Contains dairy, tree nuts (coconut) and soy. Manufactured on equipment that also processes eggs, peanuts, tree nuts, fish, crustacea, wheat, and sesame.

Typical Amino Acid Profile Per Serving Size***

Alanine	1124 mg
Arginine	999 mg
Aspartic Acid	2620 mg
Cystine/Cysteine	479 mg
Glutamic Acid	4198 mg
Glycine	611 mg
Histidine*	508 mg
Hydroxyproline	0 mg
Isoleucine †	1297 mg
Leucine †	2318 mg
Lysine*	1934 mg
Methionine*	426 mg
Phenylalanine*	935 mg
Proline	1314 mg
Serine	1174 mg
Threonine*	1385 mg
Tryptophan*	399 mg
Tyrosine	706 mg
Valine †	1271 mg

* Essential Amino Acids 10474 mg
† Branched-Chain Amino Acids (BCAA) 4887 mg
**Tryptophan in this product is naturally occurring.
***Daily Value not established.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Distributed by: BMI Surgery, S.C. • 1890 Silver Cross Boulevard, Suite 260, New Lenox, IL 60451

ROLL UNWIND DIRECTION