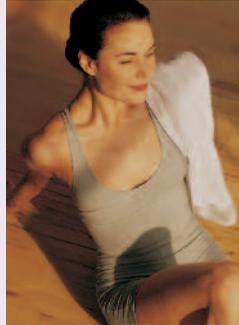


TYPICAL AMINO ACID PROFILE PER SERVING

Amino Acid	% Total Protein	mg
Alanine	4.4%	1177 mg
Arginine	2.9%	791 mg
Aspartic Acid	9.7%	2627 mg
Cystine	2.6%	698 mg
Glutamine	1.9%	500 mg
Glutamic Acid	17.6%	4757 mg
Glycine	1.6%	436 mg
Histidine	2.0%	549 mg
Lysine	9.1%	2456 mg
Methionine	2.3%	624 mg
Phenylalanine	3.7%	1000 mg
Proline	6.1%	1655 mg
Serine	4.3%	1155 mg
Threonine	4.4%	1197 mg
Tryptophan	1.9%	530 mg
Tyrosine	3.5%	943 mg
Branched Chain Amino Acids		
Isoleucine	5.4%	1454 mg
Leucine	11.2%	3017 mg
Valine	5.3%	1434 mg
Protein Fractions		
Beta-Lactoglobulin	27%	9230 mg
Glycomacropeptides (GmP)	16%	4280 mg
Alpha-Lactalbumin	10%	3200 mg
Immunoglobulins (IgG)	2%	720 mg
Serum Albumins	<1%	250 mg

Values are based on a calculation combining Whey Protein Isolate, Micellar Casein and Calcium Caseinate.

Values are based on amino acid and protein fractions milligrams/percentages per **27 GRAMS OF PROTEIN** in a single serving of BLUEBONNET'S 100% NATURAL DUAL-ACTION PROTEIN.



All flavors available in 1 lb and 2 lb canisters as well as single serving size packets



GET AROUND-THE-CLOCK MUSCLE REPAIR

24/7 SUPPORT • 24/7 PROTECTION • 24/7 PURITY

So, if you are looking for the purest, fast-acting, long-lasting protein for optimal muscle recovery and repair during and after strenuous activities, reach for BLUEBONNET'S 100% NATURAL DUAL-ACTION PROTEIN. It's just the right combination for around-the-clock muscle support!♦

For additional information on this or other quality Bluebonnet nutritional supplements, log on to:

www.bluebonnetnutrition.com

or write: Bluebonnet Nutrition Corporation

12915 Dairy Ashford, Sugar Land, TX 77478

FSC & Green Seal LOGO HERE

Available in fine natural food stores

♦ 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.

Bluebonnet
NUTRITION TO THE FIFTH POWER
NATURE · SCIENCE · QUALITY · TRUTH · KNOWLEDGE



Recipes

ORIGINAL FLAVOR RECIPE:

Tropical Paradise Smoothie

- 1 cup milk of choice
- 1/2 banana (cut up)
- 1/4 cup chopped pineapple
- 2 strawberries
- 1 scoop Bluebonnet's 100% Natural Dual-Action Protein - Natural Original Flavor

Place all ingredients into a blender or food processor. Blend until the desired consistency is reached. For a thicker smoothie, add ice.

CHOCOLATE FLAVOR RECIPE:

Chocolate Chip Protein Pancakes

- 1 tsp natural vanilla extract
- 1/4 tsp baking soda
- 1/4 cup pecan pieces
- 1/4 tsp salt
- 1/2 cup natural chocolate chips
- 1 cup milk of choice
- 1 cup flour (white or whole wheat)
- 1 egg
- 1 tbsp brown sugar
- 2 tsp canola oil
- 2 tsp baking powder

- 1 scoop Bluebonnet's 100% Natural Dual-Action Protein - Natural Chocolate Flavor

Combine flour, whey/casein protein, brown sugar, baking powder, baking soda and salt. Lightly beat milk, egg and oil. Mixed in chocolate chips. Add remaining ingredients and stir until blended. Bake on preheated griddle (275° F), turning when edges appear light brown (about 1-1/4 minutes per side). Recipe makes (12) 4" pancakes.

FRENCH VANILLA FLAVOR RECIPE:

Banana Pecan Protein Pancakes

- 1 tsp natural vanilla extract
- 1/4 tsp baking soda
- 1/4 cup pecan pieces
- 1/4 tsp salt
- 1 banana (cut up)
- 1 cup milk of choice
- 1 cup flour (white or whole wheat)
- 1 egg
- 1 tsp brown sugar
- 2 tsp canola oil
- 2 tsp baking powder

- 1 scoop Bluebonnet's 100% Natural Dual-Action Protein - Natural French Vanilla Flavor

Combine flour, whey/casein protein, brown sugar, baking powder, baking soda and salt. Lightly beat milk, egg and oil. Add remaining ingredients and stir until blended. Bake on preheated griddle (275° F), turning when edges appear light brown (about 1-1/4 minutes per side). Recipe makes (12) 4" pancakes.

STRAWBERRY FLAVOR RECIPE:

Strawberry Paradise Smoothie

- 1 cup milk of choice
- 1/4 cup chopped pineapple
- 5 peach slices
- 1/2 banana (cut up)
- 4 strawberries

- 1 scoop Bluebonnet's 100% Natural Dual-Action Protein - Natural Strawberry Flavor

Place all ingredients into a blender or food processor. Blend until the desired consistency is reached. For a thicker smoothie, add ice.



Introducing Bluebonnet's 100% NATURAL DUAL-ACTION PROTEIN

Available in four delicious flavors including – Natural Original, Natural Chocolate, Natural French Vanilla and Natural Strawberry.

Everybody needs protein. Particular lifestyles and individuals at different life stages have special protein requirements. But no one uses protein more than active individuals, athletes and weekend warriors who need strength, power and endurance.♦

24/7 SUPPORT

During any physically strenuous activity, an active individual's continual use of his or her muscles results in muscle breakdown. Once this occurs, the muscles of the body require adequate levels of high-quality protein to prevent further muscle deterioration. The greater the stress, the more protein is required to rebuild and restore the muscles – typically 0.8 to 1.5 g of protein per kg of body weight. That's why BLUEBONNET'S 100% NATURAL DUAL-ACTION PROTEIN provides a dynamic blend of protein – 27 g/serving from both whey protein isolate and micellar casein – to help your muscles rebuild and recover from strenuous activity. Whey protein isolate not only has the highest biological value (BV)* of any protein on the market, but it also rapidly releases amino acids, the building blocks of protein and muscle, into the blood stream for immediate muscle repair.♦

Casein, on the other hand, works well beyond strenuous activities to continually rebuild broken down muscle. In fact, it offers a prolonged effect by providing a sustained release of amino acids into the blood stream over a period of several hours resulting in enhanced muscle repair and recovery well after the workout. So for those leading an active lifestyle, fast-action whey protein isolate and extended-action micellar casein demonstrate an ideal combination of protein for repairing and rebuilding lean muscle 24/7.♦

*Biological Value (BV) refers to a protein that has all of the essential amino acids in adequate quantities to sustain growth and development.

24/7 PROTECTION

While both whey protein isolate and micellar casein are rich sources of branched chain amino acids (BCAAs) and glutamic acid, whey protein isolate alone provides the naturally occurring immunoglobulins that help support the immune system, which is transiently depressed during strenuous activity. Unlike the common practice of using heat-processed whey protein isolate and micellar casein that can denature (render useless) the protein and immunoglobulins, Bluebonnet employs cross-flow microfiltration, a special low-temperature method for both proteins, which leaves the polypeptide chains (i.e., protein) and immunoglobulins intact, while removing excess fat and 98% of lactose.♦

24/7 PURITY

Most importantly, BLUEBONNET'S 100% NATURAL DUAL-ACTION PROTEIN is sourced from grass-fed cows in New Zealand that are not treated with antibiotics and recombinant bovine growth hormone (rBGH), also known as bovine somatotropin (BST). This product is tested and falls well below the guidelines set by the U.S. Pharmacopeia (USP) for heavy metals (e.g., lead, mercury, cadmium, arsenic, etc.), as well as microbes and other contaminants commonly found in other protein formulas, making it one of the most pure and natural whey/casein protein powders on the market.♦

Supplement Facts

Serving Size 1 Scoop or 1 Single-Serving Packet (34 g)

Amount Per Serving		% Daily Value
Calories	125	
Calories from fat	10	
Total Fat	1g	
Cholesterol	5 mg	
Total Carbohydrate	2 g	1
Sugars	0 g	
Protein	27 g	
Calcium	155 mg	16
Phosphorus	30 mg	3
Magnesium	9 mg	2
Sodium	180 mg	8
Potassium	8 mg	0

Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Undenatured whey protein isolate, calcium caseinate, micellar casein, gum acacia, natural vanilla flavor, L-glutamine, medium chain triglycerides, non-GMO lecithin.

All flavors except unsweetened Natural Original Flavor are sweetened with stevia.

Contains: Milk, soybeans

Free of egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of corn, yeast, gluten, barley, rice and sugar.



Bluebonnet. Nutrition to the Fifth Power.