

Protein Powders are one of the most popular food supplements available. They are recommended to be eaten in place of several feedings by their. The benefit they supposedly offer is one of convenience or giving you something food cannot.

Many of these supposedly 'pure protein' powders contain hidden carbohydrates and unwanted fat. Buyer beware because your favorite protein may be full of both empty calories and promises. Just read the label, let it contains artificial colors, chemical sweeteners, corn syrup (carbs), hydrogenated oils (fats), genetically modified food starches, glycerine (carbs) and other un-natural ingredients. The same things found in candy and cake mix in fact!

The problem is not solved by simply reading the label unfortunately. Magazine reports will lie and say what I just told you is wrong. Look in the mirror. Am I wrong? Magazines thrive on advertising dollars and are reluctant to print anything that will discourage the selling that ad space. Sometimes the advertiser and the magazine are one and the same people too. You lose again!

What you have in your hands here is a plain, bland, no frills and completely pure protein powder. We challenge you to compare. This is not cake batter and our secret ingredients are not a secret. We use a special ratio blend of all natural (not genetically modified) Soy, Whey and Rice proteins and that is all. Imagine: results without allergy or side effect and just 3 ingredients.

For best results mix 1/2 tablespoon of Lemmon's Oil and 6 oz of ice cold water with each scoop of powder. If you have 2 servings, use 1 full TB of oil and 12 oz of water. There is no need to exceed using the powder more than twice a day but I am known to use it in the middle of the night if I wake up hungry. I also use this as my pre-workout drink and my customers swear by the results when they do too.

INGREDIENTS: Soy, Rice & Whey Protein Powder Blend

#### RECOMMENDED USAGE

Men: 2 to 4 servings a day.  
Ladies: 1 to 2 servings a day.

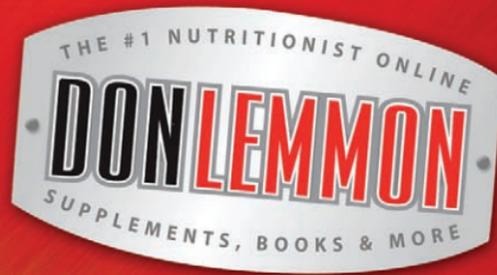
# Don Lemmon's Complete Protein Powder

## The Most Complete Blend of All Natural Pure Proteins Available!

**Contains NO HIDDEN Ingredients  
No Sweeteners • No Fillers • No GMOs  
No Sugars • No Chemicals • No Starch**

[www.CompleteProteinPowder.com](http://www.CompleteProteinPowder.com)

All Natural Dietary Supplement  
2 lbs. (30 Day Supply)



## Nutrition Facts

Serving Size 1/3 cup (30 g)  
Servings Per Container 30

Amount Per Serving		% Daily Value*
<b>Calories 120</b>	<b>Calories from Fat 15</b>	
<b>Total Fat 2g</b>		<b>3%</b>
<b>Saturated Fat 1g</b>		<b>5%</b>
<b>Cholesterol 20mg</b>		<b>7%</b>
<b>Sodium 50mg</b>		<b>2%</b>
<b>Total Carbohydrate 2g</b>		<b>1%</b>
<b>Dietary Fiber 0g</b>		<b>0%</b>
<b>Sugars 2g</b>		
<b>Protein 24g</b>		
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>	
<b>Calcium 15%</b>	<b>Iron 4%</b>	

\* Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Important Notice

The information provided in this program or in the printed materials are for guideline and reference purposes only. Such information is not intended to comply with FDA/USDA or other regulations governing food product or safety labels. The product manufacturer is responsible for insuring the accuracy of the final data and for using the correct label format. This information is not a substitute for chemical analysis but is intended to provide estimates based upon different component mixtures.