

MUSCLE
FUNCTION

ENERGY
RELEASE

IMMUNE
SUPPORT

THE ORGANIC PROTEIN Co.

ORGANIC WHEY PROTEIN

COOKIES & CREAM



1.2kg e | 48 servings

FREE FROM ULTRA PROCESSED RUBBISH

Our organic whey protein powder is made without chemicals.

Filtered fresh whey from cheesemakers using organic milk from cows grazing on grass pastures. Turning waste into quality cold filtered highly bioavailable protein, with no additives in sight.

INGREDIENTS

Organic whey protein concentrate from organic **milk** (80.6%), organic cacao powder (10%), unrefined organic coconut sugar (7.6%), ground organic Bourbon vanilla pods (1.4%), Spanish pink rock salt (0.4%)

DIRECTIONS

Mix one serving (25g) with 75-100ml of water or milk in a blender, shake vigorously in a hand shaker for 30 seconds, or use a handheld milk frother. Add the liquid first to prevent lumps. Use as needed or 1-2 times daily. If you're using a blender, you may need to add more liquid. A great addition to yoghurt, smoothies, and overnight oats. 25g is roughly equivalent to 2 of our scoops, 3 ½ tbsp, 60ml, or ¼ cup. For a precise measurement, use scales. 60ml, or ¼ cup. For a precise measurement, use scales.

WHOLE FOOD FLAVOUR-O-METER



😊	FOR THE BEST TASTE	75ml water	100ml milk
😞	FOR A WEAK TASTE	200ml water	250ml milk

We only add real whole foods, so less liquid = the best taste.

MADE WITH
100% REAL
INGREDIENTS

COLD FILTERED
UNDENATURED &
BIOACTIVE*
HIGH BIOAVAILABILITY
NO ADDITIVES
CREAMY CHOCOLATE
AND VANILLA
RAPIDLY
DIGESTED

*80% undenatured, thanks to low temperature filtration.
Bioactive = beneficial proteins & antibodies (see bottom left).

❖ Not a substitute for a varied and balanced diet & healthy lifestyle.

This product contains:

Calcium / contributes to normal energy-yielding metabolism & normal muscle function

Copper & Vitamin B12 / contribute to normal energy-yielding metabolism & the normal function of the immune system

Transparency from field to pack

The ingredients in this pack come from:

Whey Protein - Germany, **Cacao** - Sierra Leone,
Maca - Peru, **Coconut Sugar** - Indonesia,
Pink Rock Salt - Spain

Mixed together and packed in the UK.

We publish independent nutritional test certificates for every batch and give detailed information on all our ingredients at:
theorganicproteinco.com/transparency

Working for a better future

We give 25p to Compassion in World Farming for every pack to help bring an end to factory farming, with over £50,000 donated so far.

65%
PROTEIN

Nutrition information

Typical values	Per 100g	Per 25g serving
Energy kJ/kcal	1570/371	392.5/92.8
Fat	4.2g	1g
of which saturates	2.42g	0.6g
Carbohydrate	15.3g	3.8g
of which sugars	8.2g	2.05g
Fibre	4.7g	1.18g
Protein	65.7g	16.4g
Salt	0.93g	0.23g
Calcium	572mg	143mg (18% RI)
Copper	0.6mg	0.15mg (15% RI)
Vitamin B12	6.8mcg	1.7mg (68% RI)

RI = Reference intake of an average adult (8400 kJ/2000 kcal)

Bioactive proteins & antibodies

Per 100g			
Alpha Lactalbumin	8.5g	Immunoglobulin G (IgG)	2.7g
Beta Lactoglobulin	30.7g	Lactoferrin	236mg

Per 100g (*=BCAA)

Alanine	3.46g	Lysine	6.95g
Arginine	1.84g	Methionine	1.46g
Aspartic Acid	7.45g	Phenylalanine	2.41g
Cysteine	1.57g	Proline	4.15g
Glutamic Acid	12.20g	Serine	3.83g
Glycine	1.35g	Threonine	4.73g
Histidine	1.11g	Tryptophan	1.19g
Isoleucine*	3.82g	Tyrosine	1.95g
Leucine*	6.93g	Valine*	3.91g

Once opened, keep sealed, in a cool, dry place and use within 6 months.