

Pure Protein Complete™

Ultra-Bioactive Whey Protein



Product Summary

High in bioactive whey protein, low in carbs, fat, and calories, Pure Protein Complete is the perfect any-time protein boost. Each serving provides 20 grams of a proprietary whey protein blend supported by a specialized enzyme blend, a low-glycemic carbohydrate matrix, and generous amounts of complementary vitamins and minerals.

Product Story

A high-protein lifestyle continues to be very popular with body-builders and dieters. Among proteins, whey has the highest protein efficiency ratio, meaning it is perfect for building tissue and activating immune-boosting glutathione production. Many companies have created whey protein products to take advantage of this trend, but they are far from all alike. Many top-selling brands offer poor-quality proteins and sell based on taste alone. They are often enhanced with artificial sweeteners and inexpensive low-nutrient fats like canola and soybean oil. Furthermore, they contain proteins damaged during the filtering process by high heat or harsh chemical conditions. Also, many whey protein concentrates and isolate products are less effective because they use only one whey form and metabolize too quickly. This leaves muscles and tissue exposed without nutrients for rebuilding and leads to muscle break down.

Pure Protein Complete delivers whey protein's maximum benefits and a delicious taste and texture without the junk. It is an ultra-clean protein sourced from New Zealand and is certified grass-fed and hormone-, antibiotic-, and chemical-free. Plus, it is prepared with a gentle filtering process that does not denature amino-acids and maintains ultra-bioactivity.

Pure Protein Complete also combines different whey protein forms like whey protein concentrate, milk protein concentrate, whey protein isolate, sweet whey, and nonfat dry milk. These forms metabolize at different rates delivering vital aminos over time, reducing muscle breakdown and increasing protein synthesis; this makes Pure Protein Complete an excellent supplement to any diet plan as sustained release proteins keep blood sugar levels stable, which reduces food cravings.*

In summary, Pure Protein Completes exclusive formulation guarantees

- + A full range of ultra-bioactive, non-denatured amino acids.
- + The highest protein efficiency ratio to build more muscle.*
- + Optimal protein absorption with complementary vitamins, minerals, and enzymes.
- + Sustained protein metabolism and reduced muscle breakdown.*
- + Low glycemic index with no artificial sweeteners (aspartame, sucralose, etc.) or super sweeteners (e.g., Ace-K, high fructose corn syrup).

Primary Benefits

- + Supports weight loss*
- + Curbs appetite*
- + Sustains energy*
- + Enhances enzyme activity*
- + Strengthens immunity*
- + Builds lean muscle mass*

Pure Protein Complete

Who Should Use This Product?

Pure Protein Complete is perfect for anyone who wants an ultra-clean and ultra-bioactive protein boost. It is best suited for dieters looking for high-protein, low-carbs, low-calories, and low-fat options or for body-builders looking for an after workout supplement.

Did You Know?

- + Pure Protein Complete mixes quickly in liquid and has a creamy smooth texture.
- + Mixing Pure Protein Complete with milk will produce a more sustained protein metabolism.
- + Pure Protein Complete provides 5 grams of heart-healthy fiber per serving to slow sugar absorption and further balance blood sugar.*

Key Ingredients

Pure Protein Complete Proprietary Protein Blend (Whey protein concentrate, sweet whey, milk protein concentrate, nonfat dry milk, and whey protein isolate); Proprietary Carbohydrate Matrix (Inulin, chicory root fiber, natural vanilla, fructose, guar gum, xanthan gum, xylitol, cellulose, lo han kuo extract, and stevia [*S. rebaudiana*] leaf extract); and Proprietary Enzyme Complex (lactase, papain, bromelain, amylase, lipase, and bioperine)

Key Scientific Studies

- + Young, et.al., "Protein intake and requirements with reference to diet and health," *Am. J. Clin. Nutr.* 1987;45:1323-43.
- + Irvine, et.al., "Short-term effect of a protein load on appetite and food intake in diseased mildly undernourished elderly people," *Clin. Nutr.* 2004 Oct;23(5):1146-52.
- + Swart, et.al., "Antiviral activity of Lactoferrin. Advances in Lactoferrin Research," 1998.
- + Center, et.al., "The clinical and metabolic effects of rapid weight loss in obese pet cats and the influence of supplemental oral L-carnitine," *J. Vet. Intern. Med.* 2000 Nov-Dec;14(6):598-608.

Supplement Facts

Complete Amino Acid Profile: 22g chart (Glutamic acid, aspartic acid, leucine, lysine, theonine, proline, valine, isoleucine, serine, alanine, phenylalanine, tyrosine, arginine, cystine, methionine, histidine, glycine, and tryptophan)

How to Use

Add 2 level scoops to 8 oz. of water or the milk of your choice and shake, stir, or blend until smooth. For variety, mix with fruit or essential oils.

Complementary Products

- + Balance Complete™: Consider using Balance Complete alternated with Pure Protein Complete to ensure you are getting plenty of diverse nutrients, especially fiber, in your diet.
- + Omega Blue™: Any weight loss or fitness program will be enhanced by taking plenty of omega-3 fats like those in Omega Blue.
- + Longevity™: Increased activity and dieting can produce more oxidation in the body. Make sure you have a wide spectrum of antioxidants and micronutrients to counteract free-radicals.*

Frequently Asked Questions

Q Which product is better, Balance Complete or Pure Protein Complete?

A *One is not necessarily better than the other; they are simply different. Balance Complete is designed to provide balanced carbs, fats, proteins, and a high amount of fiber. It's ideal for those looking to fill in many dietary holes, balance blood sugar, and cleanse through improved digestion, elimination, and nutrition. Pure Protein Complete is meant for those interested in a high-protein diet as part of a fitness or weight-loss initiative.*