

A VITAL LIVING PRODUCT

# BEST TASTING *Dream* PROTEIN™

**HORMONE FREE\***  
**WHEY PROTEIN!**  
\*From New Zealand "Meadow Fed" Cows Not Given rBGH or BST Hormones

IN 2 DELICIOUS FLAVORS:  
▶ Creamy French Vanilla  
▶ Rich Dutch Chocolate

*Dream*PROTEIN™ leads the "whey" with its proprietary **Hormone Free, Ultra-Low Temp™** Whey Protein Isolate. We start with hormone free whey from New Zealand cows that are "Meadow Fed" and not given any rBGH or BST Hormones!

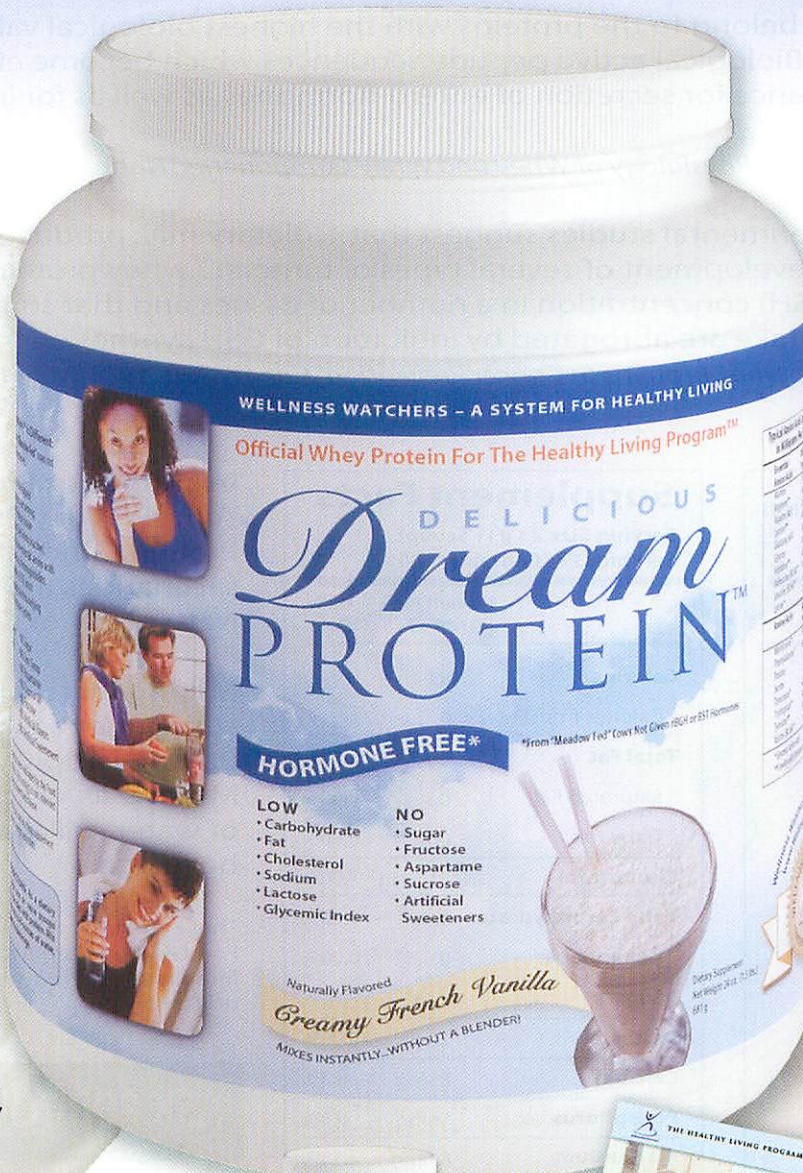
*Dream*PROTEIN™ is also made with an **Ultra-Low Temp™** process, which is beneficial because the protein is not denatured (damaged) from an extensive heat treatment. This means that you'll receive all the essential and non-essential amino acids plus the full complement of whey proteins!

*Dream*PROTEIN™ also contains a soluble fiber (FOS) that has been shown to encourage growth of favorable bacteria which help to strengthen the immune system, assist in digestion of food, as well as, to help promote regularity.

*Dream*PROTEIN™ is one of the "whole food" products in the Healthy Living Kit™.

**VITAL LIVING PRODUCTS**

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



## NO

- ▶ Aspartame
- ▶ Glutamates
- ▶ Artificial Sweeteners
- ▶ Hydrolized Whey Protein
- ▶ Added Sugar

## LOW

- ▶ Carbohydrate
- ▶ Fat
- ▶ Cholesterol
- ▶ Sodium
- ▶ Lactose
- ▶ Glycemic Index

*The unique ingredients in Dream*PROTEIN™ may help to:

- ▶ Boost Immune System
- ▶ Enhance Energy Levels
- ▶ Maintain Lean Body Mass
- ▶ Maintain Healthy Weight Management

Whey protein is an excellent choice for individuals of all ages. It provides a number of benefits in areas including sports nutrition, weight management, immune support, bone health and general overall wellness!

*Dream* PROTEIN™



*Complete*ESSENTIALS™  
Omega 3-6-9

7 Habits of  
Healthy Living  
Book

# Read What The Experts Say:

Development of high-protein, low-carbohydrate beverages might provide health benefits for individuals suffering from diabetes, obesity and hypercholesterolemia, especially when these beverages contain dairy protein fractions known to be high in essential amino acids and branched-chain amino acids.

*Etzel, M.R., "Manufacture and Use of Dairy Fractions"; J Nutr., 2004 Apr: 134(4):996S-1002S*

The two major risk factors contributing to the worldwide incidence of cardiovascular disease are hypertension and dyslipidemia. Whey based peptides have demonstrated activity that may reduce both risk factors.

*Sharon K. Gerdes, Wes Harper, PhD., G. Miller, PhD., "Bioactive Components of Whey and Cardiovascular Health"; Application Monograph, Cardiovascular Health, 2001*

The proteins...of whey...belong to the proteins with the highest biological value because of their amino acid composition. Biological active peptide sequences which become effective during digestion...are of importance for secretion of entero-hormones as well as for immune enhancing effects.

*Barth CA, Behnke U., "Nutritional Physiology of Whey and Whey Components"; Nahrung. 1997, Feb:41(1):2-12*

Epidemiological and experimental studies suggest that...dietary milk products may exert an inhibitory effect on the development of several types of tumors...whey protein diets result in increased glutathione (GSH) concentration in a number of tissues and that some of the beneficial effects of whey protein intake are abrogated by inhibition of GSH synthesis.

*Bounous G., Batist G., Gold P., "Whey Proteins In Cancer Prevention"; Cancer Lett. 1991, May 1:57(2):91-4*

## Typical Amino Acid Composition in Milligrams Per Serving

Amino Acids	Milligrams Per Serving
Alanine	1,183
Arginine	520
Aspartic Acid	2,382
Cystine/Cysteine	568
Glutamic Acid	3,916
Glycine	372
Histidine	395
Hydroxyproline	18
Isoleucine*~	1,381
Leucine*~	2,559
Lysine*	2,406
Methionine*	539
Phenylalanine*	699
Proline	1,271
Serine	1,065
Threonine*	1,569
Tryptophan*	407
Tyrosine*	688
Valine*~	1,260

\* Essential Amino Acids  
~ Branched-Chain Amino Acids (BCAA)

## Supplement Facts

Serving Size 24 g (1 Scoop)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
<b>Calories</b>	85	
Calories from Fat	0	
<b>Total Fat</b>	0g	0.00%
Saturated Fat	0g	0.00%
Trans Fat	0g	0.00%
<b>Cholesterol</b>	21.5mg	7.00%
<b>Total Carbohydrates</b>	3.4g	1.00%
Dietary Fiber	0	0.00%
Sugars	<1g	†
<b>Protein</b>	20g	38.00%
<b>Calcium</b>	83mg	8.3%
<b>Phosphorus</b>	56mg	5.6%
<b>Magnesium</b>	8.6mg	2.15%
<b>Sodium</b>	45mg	1.80%
<b>Potassium</b>	94mg	2.60%

\*Percent Daily Values are based on a 2,000 calorie

† Daily Value not established

**Ingredients:** Protein Blend (Ultra-Low Temp™ Whey Protein Isolate, Whey Protein Concentrate), Fructooligosaccharides (FOS), Xanthan Gum, Natural Flavor, Stevia.

**Mixing Instructions:** As a dietary supplement, take one or more scoops daily to supply your diet with protein. Mix one level scoop with 6-8 ounces of water, milk or your favorite beverage.

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**ASK FOR YOUR FREE SAMPLE!**

Carefree Health Path & Med Spa  
Carefreehealthpath.com  
Phone 623-748-9106

