

ALL NEW!
PLANT-BASED ESSENTIALS

KETO
APPROVED

**NORTH
COAST
NATURALS**™/MC

ISO PROTEIN 100™/MC

- ▶ 100% pure whey protein
- ▶ Hormone & antibiotic free
- ▶ Grass-fed certified, non-GMO
- ▶ Undenatured whey isolate + highly digestible whey peptides
- ▶ Digestive enzyme and probiotic fortified
- ▶ Shakes up easily (no blender required)



Whey is a complete protein that is rich in EAAs and is one of the very best sources of BCAAs. Whey protein is an ideal choice for someone looking for the most bioavailable tissue-building protein. Needless to say, exercise enthusiasts have turned to quality whey proteins to boost their results for decades. Whey has numerous researched benefits: immune, antimicrobial, weight management and anti-osteoporosis, to name a few. Studies have also shown that as we age, we lose vital lean tissue, including muscle (aka sarcopenia). Consuming enough quality protein alongside regular weight-bearing exercise has been shown to reduce that muscle loss. The gastric discomfort experienced by those with a lactose intolerance is often remedied by using a whey isolate. We have gone one step further by fortifying ISO PROTEIN 100 with digestive enzymes and pre- and probiotics. This combination further rounds out the formula, making our whey quite possibly the easiest to digest and absorb.



NON-GMO



GRASS-FED



HORMONE FREE



ANTIBIOTIC FREE

Direct from our 2 (BC & Ontario) warehouses 🍁 72 hours coast to coast



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THE WAY IT SHOULD BE

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24 G PROTEIN* **5.5 G BCAA*** **100% FROM WHEY**

*PER SERVING

**NORTH
COAST
NATURALS™/NC**

RISE & SHINE MOCHA SHAKE

This shake is an antioxidant power house! Research has shown that high quality coffee provides greater antioxidant activity than green tea, red wine, and black tea. Coffee drinking has been linked to lower rates of mortality, depression, obesity, & neurodegenerative disorders. Cocoa is also a rich source of antioxidants and has been shown to support cardiovascular function, increase the good and lower the bad cholesterol and improve mood. In fact, a recent study found coffee and cocoa compliment each other when taken together¹. Lastly, whey protein has been shown to boost antioxidant levels while also being anti-inflammatory².

½ cup unsweetened almond milk (or milk of your choosing)

½ cup cold brew black organic coffee

2 scoops ISO PROTEIN 100 Chocolate

1 teaspoon unsweetened organic cocoa powder

Debittered liquid stevia to taste (or use liquid monk fruit)

Handful of ice cubes

For an extra boost add 1 tbsp of North Coast Naturals MCT oil.

Blend all ingredients on high until smooth. Enjoy!

ISO PROTEIN 100 provides 24 g of certified grass-fed whey protein sourced from cows fed a diet of natural grass and other forage, with no added hormones (rBGH, rBST), steroids or antibiotics. Not only is ISO PROTEIN 100 a great source of complete protein, it provides 5.5 g of anabolic and tissue building branched chain amino acids (BCAAs) that help build/repair tissue while also providing the necessary energy required during bouts of intense training. This undenatured whey isolate + isolated whey peptide blend is fortified with the prebiotic inulin and probiotic *L. fermentum* alongside the digestive enzymes protease and amylase for added digestive support. ISO PROTEIN 100 was formulated to be the most balanced, complete and easily digesting formula of its kind. It shakes up instantly and tastes great.



¹ <https://doi.org/10.1186/s40795-016-0117-z>
² <https://doi.org/10.1016/j.jnutbio.2017.05.003>

VANILLA FLAVOUR

Nutrition Facts Valeur nutritive

Per 1 rounded scoop (31 g)
pour mesure comble (31 g)

Calories 120	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 2 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 24 g	
Cholesterol / Cholestérol 10 mg	
Sodium 30 mg	1 %
Potassium 100 mg	2 %
Calcium 220 mg	17 %
Iron / Fer 0.6 mg	3 %
Niacinamide 7 NE / EN (mg)	40 %
Phosphorus / Phosphore 60 mg	5 %
Magnesium / Magnésium 25 mg	6 %

*5% or less is a **little**, 15% or more is a **lot**
 *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
 1 NE = 1 mg Niacin (NE = Niacin Equivalents)
 1 EN = 1 mg de niacine (EN = Équivalent en niacine)

Ingredients: Isolated whey protein¹, isolated whey peptides¹, natural flavours, organic cane juice solids (1%), ascorbic acid, sea salt, sunflower lecithin and/or soy lecithin, purified stevia leaf extract (debittered), inulin, bacterial culture (*Lactobacillus fermentum*), enzymes (protease, lactase²).

Contains milk (whey). May contain soy (lecithin)

Suggested use: Mix or shake 1 serving of powder in 150-250 ml of water, milk, juice or your favourite beverage.

¹Lactose reduced whey protein from cold, ultra-filtered whey. ²Whey proteins are already filtered to be up to 97-99.5% lactose-free. Lactose is a milk sugar that some people have difficulty digesting. Iso Protein 100™ contains added lactase, a lactose reducing enzyme, to help break down lactose into a form that may be easier to digest for those with lactose intolerance.

NON-GMO

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