

ALL NEW!
PLANT-BASED ESSENTIALS

KETO
FRIENDLY

**NORTH
COAST
NATURALS™**

BOOSTED ISO PROTEIN 100™

- ▶ 24 g of 100% pure whey protein
- ▶ Hormone & antibiotic free
- ▶ Grass-fed & non-GMO
- ▶ Undenatured whey isolate + highly digestible whey peptides
- ▶ Probiotic & digestive enzyme fortified
- ▶ Shakes up easily (no blender required)
- ▶ Available flavors:

Chocolate Vanilla Unflavored



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, cardiovascular 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, prebiotics, and probiotics. This combination significantly enhances the digestibility and absorption of this impressive protein.



NON-GMO¹



NATURAL²



HORMONE FREE³



GRASS-FED¹ WHEY



ANTIBIOTIC FREE

¹ Contains no genetically engineered plant ingredients. (Non-plant ingredients cannot be genetically engineered). ² Contains no synthetic colors, flavors or sweeteners. ³ Whey protein sourced from the milk of cows raised without the use of synthetic hormones rBGH or rBST. ⁴ Whey protein sourced from grass-fed based farming suppliers. See our website for more information.

191230-0945



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THE WAY IT SHOULD BE

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*PER SERVING



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 together! Lastly, whey protein has been shown to boost antioxidant levels while also being anti-inflammatory!



- 1/2 cup unsweetened almond milk (or milk of your choosing)
 - 1/2 cup cold brew black organic coffee
 - 2 scoops BOOSTED ISO PROTEIN 100 Chocolate
 - 1 teaspoon unsweetened organic cocoa powder
 - Debittered liquid stevia or use liquid monk fruit to taste *Sweetener may only be necessary for the unflavored protein
 - Handful of ice cubes
 - For an extra boost, add 1 tbsp of North Coast Naturals MCT Cooking 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.

VANILLA

Nutrition Facts

23 servings per container
Serving size 1 scoop (29 g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 1.5 g	2%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 30 mg	1%
Total Carbohydrate 2 g	<1%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0.3 g Added Sugars	<1%
Protein 24 g	48%
Vitamin D 0 mcg	0%
Calcium 220 mg	16%
Iron 0.6 mg	4%
Potassium 100 mg	2%
Niacin 7 NE (mg)	45%
Phosphorus 60 mg	5%
Magnesium 25 mg	6%

1 NE = 1 mg Niacin (NE = Niacin Equivalents)
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: isolated whey protein⁽¹⁾, isolated whey protein hydrolysate⁽²⁾, natural flavors, organic cane sugar, ascorbic acid, sea salt, lecithin from sunflower and/or soy, silicon dioxide, enzyme blend (protease, lactase⁽³⁾), prebiotic (inulin), probiotics (*Bacillus subtilis* DE111[®], *Lactobacillus fermentum*), debittered stevia leaf extract.

Contains: milk (whey), soy (lecithin).

⁽¹⁾Lactose reduced whey protein from cold, ultra-filtered whey. ⁽²⁾Whey 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.

DIRECTIONS: Mix or shake 1 serving of powder in 6-8 fl oz (180-240 mL) of water, milk, juice or your favorite beverage.



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