Clean Protein

Great-Tasting Beef Protein Powder

GLUTEN-FREE DAIRY-FREE

NON-GMO cGMP FACILITY

Clean Protein Supplementation

Clean Protein is a great-tasting beef protein powder produced by a proprietary filtration process yielding native beef peptides that are rich in essential amino acids and contain absolutely no lactose/dairy and minimal fat. The best part is that it's Paleo-friendly!

Research continues to provide evidence that protein needs are greater in active individuals (especially those who exercise regularly) and the elderly.[1,2] Clean Protein makes meeting your protein needs easy and convenient, especially for those on a Paleo diet regimen. Here are the main benefits of Clean Protein supplementation:

- Complete protein source containing all essential amino acids♦
- Easily absorbed/digested and contains no lactose or dairy♦
- Suitable for a Paleo diet regimen♦
- Promotes an anabolic response to resistance training, which supports muscular development♦[5]
- Supports healthy body composition♦[2]
- May reduce muscle protein breakdown during prolonged aerobic activities♦[6]
- Comes in two delicious flavors: chocolate and French vanilla

How Clean Protein Works

There are a multitude of benefits from ingesting beef protein due to its simple digestion—thanks to being lactose-free—and rich profile of essential amino acids (i.e., amino acids humans must obtain from food for proper health/longevity). Beef protein is a complete protein containing all nine essential amino acids, which promote muscle protein synthesis and minimize muscle protein breakdown.♦[4] Therefore, beef protein serves a crucial role in individuals looking to improve their musculature, fitness, and overall bodily function.♦

Clean Protein is a great-tasting, easily digestible protein powder sourced from cattle that are never treated with recombinant bovine growth hormone (rBGH).

- 21 grams of protein per serving
- Gluten-free
- Less than 2 grams of fat per serving
- Naturally flavored and sweetened
- Non-GMO
- Highly soluble

What is the Paleo Diet?

Paleo dieting is a nutritional regimen derived from roughly 60-70% intake from animal foods, particularly red meats.[3] As a final touch, Clean Protein utilizes all-natural stevia for flavoring. Clean Protein contains no artificial colors or sweeteners to stay true to the Paleo diet.

For more information, visit: **www.drbethbartlett.com**

Supplement Facts

CHOCOLATE

Serving Size: About 1 Scoop (29.5 g)
Servings Per Container: About 30

	Amount Per Serving	%DV*
Calories	120	
Calories from Saturated Fat	15	
Total Fat	2 g	3%*
Saturated Fat	1.5 g	8%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Protein	21 g	
Iron (from cocoa powder)	2.4 mg	13%
Sodium (from hydrolyzed bovine collagen)	150 mg	7%
Potassium (from cocoa powder)	176 mg	4%

Other Ingredients: Hydrolyzed Bovine Collagen, Cocoa Powder Processed With Alkali, Medium Chain Triglycerides, Natural Flavors, Silicon Dioxide, Rebaudioside A (from stevia leaf extract).

Directions: Shake canister before scooping. Mix 1 scoop in 8-12 ounces of water daily as a dietary supplement or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Amino Profile

Typical Amino Acid Composition in Grams Per Serving

Amino Acid	Per Serving
Cystine	0.02 g
Methionine	0.2 g
Aspartic Acid	1.33 g
Threonine	0.46 g
Serine	0.75 g
Glutamic Acid	2.43 g
Proline	2.65 g
Glycine	4.42 g
Alanine	1.95 g
Hydroxyproline	2.25 g
Valine	0.66 g
Isoleucine	0.38 g
Leucine	0.82 g
Tyrosine	0.29 g
Phenylalanine	0.51 g
Histidine	0.24 g
Lysine	0.84 g
Arginine	1.66 g
Tryptophan	0.08 g

References:

1. Lemon, P. W. (2000). Beyond the zone: protein needs of active individuals. *Journal of the American College of Nutrition*, 19(sup5), 513S-521S.
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3. Schwarcz, H. P., & Schoeninger, M. J. (2012). Stable isotopes of carbon and nitrogen as tracers for paleo-diet reconstruction. In *Handbook of environmental isotope geochemistry* (pp. 725-742). Springer Berlin Heidelberg.
4. Katsanos, C. S., Kobayashi, H., Sheffield-Moore, M., Aarsland, A., & Wolfe, R. R. (2006). A high proportion of leucine is required for optimal stimulation of the rate of muscle protein synthesis by essential amino acids in the elderly. *American Journal of Physiology-Endocrinology And Metabolism*,291(2), E381-E387.
5. Reidy PT, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, Timmerman KL, Fry CS, Borack MS, Cope MB, Mukherjea R, Jennings K, Volpi E, Rasmussen BB. Protein blend ingestion following resistance exercise promotes human muscle protein synthesis. *J Nutr.* 2013. Apr;143(4):410-6.
6. Rodriguez NR, Vislocky LM, Gaine PC. Dietary protein, endurance exercise, and human skeletal-muscle protein turnover. *Curr Opin Clin Nutr Metab Care*. 2007 Jan;10(1):40-8

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

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