

### Why CAPROTEIN™?

CAPROTEIN™ is the highest quality goat-milk protein powder available. It is made from goats-milk that contains no antibiotics or growth hormones. CAPROTEIN™ is high in amino acids and is a complete protein source. These building blocks of protein are crucial for optimal health. CAPROTEIN™ provides a balanced combination of whey protein and milk protein. Most animal protein supplements (from cows milk) only provide one part of the proteins found in milk. We at Mt. Capra are convinced that a combination of milk protein and whey protein is superior. CAPROTEIN™ also provides a favorable ratio of potassium to sodium.

### Why do we need protein?

Proteins are the building blocks of human life, essential for normal growth. Proteins have many important chemicals including immunoglobulins and enzymes. Proteins form the foundation of muscles, bones, skin, hair, blood and heart. Lack of dietary protein can hinder these foundational areas. Proteins contain approximately 22 amino acids. Eight of those amino acids are essential because the body cannot produce them, therefore, they must be obtained from our diet. CAPROTEIN™ contains all of the essential amino acids for optimal health and is tolerated well by most people.

### Animal protein vs. Vegetable protein

Animal sources of protein such as CAPROTEIN™ are the only source of complete protein available. This provides many advantages over vegetarian sources (such as soy) because they are typically low in one or more of the essential amino acids even though overall protein content is high.

### CAPROTEIN™ is minimally processed

Most other milk protein powders are made from cows-milk and though they claim to be minimally processed they use several invasive processing steps including heating at high temperatures. At Mt. Capra one of the most important production methods we use is the Refractance Window Drying machine, a drying method that uses conduction, convection and infra-red which applies minimal and variable heat sources to gently dry the product and preserve the original integrity that keeps it as close to nature as possible. This unique drying process allows the powerful probiotics and digestive enzymes to thrive from the lacto-fermentation process. The naturally occurring probiotics and enzymes make CAPROTEIN™ the perfect choice for young and old alike.



# CAPROTEIN™

## Premium Goat-Milk Protein



**15g of protein per serving**

### What is CAPROTEIN™?

CAPROTEIN™ is a premium quality goat-milk protein powder. It is minimally processed by Mt. Capra from goat milk collected from our own farms to preserve it's original composition. Most other milk protein powders are made from cow milk and use several harsh processing steps including heating at high temperature. Mt. Capra goats are free range and are not exposed to pesticides, herbicides, growth hormones or antibiotics. CAPROTEIN™ contains all essential amino acids for optimal health and is tolerated well by most people. CAPROTEIN™ is partially predigested (lacto-fermented). This process assist digestion and absorption while providing the body with beneficial probiotics and enzymes.



CAPROTEIN™ is made from goat milk from Mt. Capra's own farm in the south-western part of Washington state. Having our own milk supply gives us and you the assurance that all of the products we manufacture from goats milk are the freshest and of the highest quality possible.

### Supplement Facts

Serving Size: 20g (Approx 2 level Tbsp.)

Servings Per Container: 23

Total Calories	74	Calories from Fat	14g	Total Fat	1g
Saturated Fat	<1g	Cholesterol	10mg	Sodium	13mg
Total Carbohydrate	4g	Dietary Fiber	0g	Sugar	2g
Protein	15g	Calcium	140mg		

Alanine	226mg	Arginine	256mg	Aspartic Acid	
606mg Cystine/2	21mg	Glutamic Acid	1848mg	Glycine	
122mg Histidine	250mg	■Isoleucine	392mg	■Leucine	
830mg	■Lysine	634mg	■Methionine	230mg	
■Phenylalanine	436mg				
Proline	938mg	■Serine	440mg	Threonine	424mg
■Tryptophan	49mg	Trysine	342mg	■Valine	632mg
		■ Essential Amino Acids			

Other Ingredients: Goat-Milk Protein, Fermented Goat-Milk Protein, Vanilla Flavor, probiotic cultures