



CAPROTEIN™

Premium Goats' Milk Protein



15 grams of protein
per serving!



CAPROTEIN™ is made from goat milk from Mt. Capra's own farm in the southwestern 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 14	Total Fat 1g
Saturated Fat <1g	Cholesterol 10mg	Sodium 13mg
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 **Threonine** 424mg
Proline 938mg ***Serine** 440mg ***Valine** 632mg
***Tryptophan** 49mg **Tryosine** 342mg
***Phenylalanine** 436mg

*Essential Amino Acids

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

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 an 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.