

# DOUBLE BONDED PROTEIN

- **Double Bonded Protein™** is an alkaline protein powder designed to increase lean body mass.
- Contains organic and all-natural ingredients.
- Contains high levels of all essential amino acids.
- Refractance Window Dried. Keeps proteins at low temperature to retain nutritional integrity.

{ High Octane  
Goat Milk Protein }

*Made with only Natural & Organic Ingredients*

## What is Double Bonded™ Protein?

Double Bonded Protein™ offers both the versatility and flavor of any mass produced cow protein while tapping into the almost mystical attributes of goat milk. This powerful protein combines the best of both worlds in protein powders. A natural blend of both casein and wey proteins trigger incredible muscle building stimulation while simultaneously inhibiting factors that lead to muscle breakdown. Double Bonded Protein™ comes as a delicious, ready-to-mix, creamy chocolate powder. It's also a perfect addition to smoothies, pancakes, waffles, muffins, and hot cereals.

## Why a Goat Milk Protein?

There are countless reasons one should choose goat milk protein over traditionally used and mass produced cow milk protein powders. The magic of goat milk lies with its

affect on our digestive system. Goat milk and goat milk proteins are absorbed by the human digestive system in a far superior way to that of cow protein. Double Bonded Protein™ is an unrefined fusion of both **casein** (milk) protein and **wey** protein. The natural synergy between these two proteins is nothing short of miraculous! Wey protein triggers the formation of new muscle and casein (milk) protein inhibits the destruction of previously created muscle. Consume just one of these proteins and you will be missing out on the crucial benefits of the other. This is why 100% wey protein isolates consistently disappoint. The ability of wey protein to trigger new muscle growth is second to none, but when natural "proteolysis" (the breakdown of previously created muscle) begins, wey isolate has no defense. Enter casein. Casein inhibits proteolysis and keeps the muscle that you have worked so hard for, right where it needs to be; on you! Double Bonded Protein™ is just what you need to reach the next level of muscle gain. You can rest assured knowing that you are using the best protein on earth: **Double Bonded Protein™.**

## Vanilla Bean

### Nutrition Facts

Serving Size 30g (2 level scoops)  
Servings Per Container about 30

Amount Per Serving		% Daily Value*
Calories 110	Calories from Fat 0	
		% Daily Value*
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 12mg		2%
Total Carbohydrate 7g		3%
Dietary Fiber 1g		4%
Sugars (not added) 3g		

**Protein 20g** 40%

Vitamin A 0% • Vitamin C 0%  
Calcium 29% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Goat Milk Protein, Natural Vanilla Flavor, Guar Gum, Xanthan Gum, Stevia

## Dark Chocolate

### Nutrition Facts

Serving Size 30g (2 level scoops)  
Servings Per Container about 30

Amount Per Serving		% Daily Value*
Calories 110	Calories from Fat 0	
		% Daily Value*
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Sugars (not added) 3g		

**Protein 20g** 40%

Vitamin A 0% • Vitamin C 0%  
Calcium 29% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Goat Milk Protein, Organic Cocoa Powder, Natural Chocolate Flavor, Guar Gum, Xanthan Gum, Stevia

## amino acids in Double Bonded Protein™

Asparagine	2,027 mg	Threonine	1,073 mg
Serine	900 mg	Glutamate	3,014 mg
Proline	1,145 mg	Methionine	389 mg
Isoleucine	1,024 mg	Leucine	2,296 mg
Tyrosine	824 mg	Histidine	400 mg
Valine	1,110 mg	Alanine	1,049 mg
Glycine	446 mg	Lysine	1,885 mg
Arginine	665 mg	Tryptophan	64 mg
Phenylalanine	781 mg	Cystine	570 mg



1 lb. Powder / 2 lbs. Powder



**MT. CAPRA**

— SINCE 1928 —

No Pesticides  
No Preservatives  
No Added Chemicals  
All Natural



These statements have not been approved by the FDA.  
This product is not intended to diagnose, treat, cure, or prevent any disease.



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## Whole Protein vs. Whey Isolate

Cutting edge research is continuing to show that whole protein foods containing both casein protein and whey protein are far superior for net muscle gain than those containing merely whey protein isolate.

**Net Protein Gain** (the amount of protein actually deposited in your tissue) is the most important aspect of protein supplementation. There are **2** factors that determine Net Protein Gain. The following graph illustrates the two requirements of a protein supplement for maximum protein (muscle) gain.

<b>Protein Synthesis:</b> Stimulate the production of new muscle.	 <b>Promote!</b>	If a protein can <u>promote</u> "protein synthesis", muscle mass will either be maintained or increased.
<b>Proteolysis:</b> Breakdown of current muscle tissue.	 <b>Inhibit!</b>	Likewise if a protein can <u>inhibit</u> "Proteolysis," current muscle mass will be protected from breakdown.

**Total muscle gain is higher with a whole protein than with a whey protein isolate.**

Here's Why...

Effect	Casein protein	Whey protein
Promotes Protein Synthesis	Yes Moderately Well	Yes Very Well
Inhibits Proteolysis	Yes Very Well	No Not at All

It is obvious by looking at this chart, why whey protein isolate has gained such popularity as it does a wonderful job of **promoting Protein Synthesis**. However, Whey Protein does not suppress Proteolysis at all which is a significant problem affecting Net Protein Gain. **Casein Protein stimulates Protein Synthesis** to a lesser degree but does an excellent job of suppressing Proteolysis.

When whey protein is used exclusively, proteolysis will not be suppressed. If proteolysis is not suppressed then total muscle gain will be significantly reduced. If whey protein is used in conjunction with casein protein, proteolysis will

be inhibited and protein synthesis (muscle building) will be increased. This means that total muscle (net protein) gain will be maximized using these proteins side-by-side.

## What the Experts Say:

"What people seem to constantly forget is that net (protein) gains in muscle are the result of not just protein synthesis, but the inhibition of protein breakdown (proteolysis). Casein's antiproteolytic effect (ability to suppress proteolysis) is more profound than whey or leucine's protein-synthetic effect."

**- Alan Aragon, B.S., M.S.**

Alan Aragon has over 15 years of success in the fitness field. He earned his Bachelor and Master of Science in Nutrition.

**Double Bonded Protein contains both Casein protein and Whey protein. This makes it a complete or "whole" protein**

## Animal protein vs. Vegetable protein.

Animal sources of protein such as Double Bonded Protein 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.

## Double Bonded Protein™ is minimally processed.

Most protein manufacturers utilize cow milk and while they claim to minimally process their protein, they often use several invasive processing steps. At Mt. Capra one of the most important production methods we use is the Refractance Window Drying machine. This drying method 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.

## Our Guarantee to you.

The Mt. Capra farm is located in the Pacific Northwest. Our grass-fed, free-range goats graze on pesticide-free and chemical-free pasture 365 days a year. No hormones, antibiotics, or pesticides are used. Ever.



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1-800-574-1961 | mtcapra.com

These statements have not been approved by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.