


**ALL-NATURAL, FAST-ABSORBING,  
100% WHEY PROTEIN ISOLATE**

At **AboutTime®**, we do not believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality AND taste. In addition, we appreciate simplicity which is why our protein pancake mix has simple ingredients that you can actually pronounce.

**QUALITY PRODUCTS MADE IN USA**

**AboutTime®** uses micro-filtered 100% whey protein isolate for each and every delicious serving of our Protein Pancakes. Each serving is only 270 calories with 24g of carbs and contains 28g of protein!

-  SWEETENED WITH STEVIA
-  NO ARTIFICIAL COLORS OR FLAVORS
-  GLUTEN FREE
-  SOY FREE

**THE ABOUTTIME® CORE VALUES**

**AboutTime®** is blended and packaged at our own facility in Pittsburgh, PA and we source our whey from dairy farms in the United States of America.

TRYABOUTTIME.COM



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

**WARNING:** Consuming this product can expose you to chemicals including Lead and Cadmium, which is known to the State of California to cause cancer, and Lead and Cadmium, which is known to the State of California to cause birth defects and/or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)



ABOUTTIME  
**NATURAL**

**PROTEIN  
PANCAKES**



**MAPLE SYRUP AT**

NET WT. 1.5LBS (700G)



**270**  
CALORIES

**28g**  
PROTEIN

**24g**  
CARBS

**DIRECTIONS**

-  **Mix the Batter**  
Whisk ½ cup dry mix with ¼ cup cold water, just until ingredients are blended, then let batter rest for 3 minutes.
-  **Heat the Griddle**  
Preheat to 325° degrees.
-  **Pour the Batter**  
Makes 2 six-inch pancakes.
-  **Cook until Golden & Flip**  
Cook until bubbles start forming and edges are cooked, about 2 minutes. Flip and cook until golden brown.

**ABOUTTIME®**

**Nutrition Facts**

10 servings per container  
**Serving Size** ½ Cup (70g)

Amount per Serving	%Daily Value*
<b>Calories</b>	<b>270</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>7%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 636mg	<b>28%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 2g	<b>11%</b>
Total Sugars 2g	<b>**</b>
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	<b>**</b>
Vitamin D 0mcg	0%
Calcium 256mg	20%
Iron 2mg	9%
Potassium 450mg	10%

\* Percent daily values are based on a 2,000 calorie diet.  
\*\* Daily value not established.

**Ingredients:** Whey Protein Isolate, Gluten Free Oat Flour, Buttermilk Powder, Flax Seed Powder, Natural Flavors, Baking Powder, Sodium Chloride, Baking Soda, Xanthan Gum, Stevia  
Contains milk. Produced in a facility that uses soy, peanut, tree nut, wheat and egg ingredients.

Manufactured & Distributed By: **SDC Nutrition**  
170 Industry Dr, Pittsburgh, PA 15275 • 866-982-9439