**DEEP² 30**

- **DEEP² 30** is a natural blend of essential electrolytes, pure proteins, and powerful probiotics meant for daily use.
- Contains over 20 bio-organic minerals.
- Includes a natural blend of both casein and whey proteins for complete protein assimilation.
- Ganeden Labs BC³⁰ probiotics provide DEEP² 30 with digestion enhancement and immune support.
- Delivers 10 times more live probiotics than yogurt.
- Electrolyte/Protein blend symbiotically assists both digestion and absorption of nutrients.

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**Daily Essential Electrolytes, Protein, and Probiotics**

Ganeden BC³⁰ is a powerful and safe probiotic strain. It is not only highly shelf stable, it has a proven track record of delivering digestion enhancement and immune support.

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**What is DEEP² 30?**

DEEP² 30 is a delicious supplement powder from all-natural goat milk that delivers three powerful nutritional components. The philosophy behind DEEP² 30 is founded upon three concepts:

1. **Essential Mineral/Electrolyte Support:**
   Millions of Americans lack minerals/electrolytes in their diet. This can be attributed to poor diet as well as general lack of nutrients in much of the soil used for the farming of our food. DEEP² 30 addresses this by providing over 20 bio-organic minerals from goat milk whey.

2. **Specific amino acid maintenance:**
   Since protein is found in every part of the body, it makes sense that proper maintenance of amino acids, the building blocks that make up protein is vital to overall health. DEEP² 30 contains a whole protein powder untainted by bovine (cow) protein or phyto-estrogen filled soy protein. By utilizing a proprietary process to gently release both casein and whey protein from all-natural goat milk, the protein found in DEEP² 30 is easily digested and delivers a wide spectrum of amino acids to the body.

3. **Probiotic Delivery:**
   Probiotics are live organisms and it is imperative that they reach the intestinal tract alive. Probiotics, or beneficial bacteria such as the strain *Bacillus coagulans* found in GanedenBC³⁰, are important to maintaining a proper balance of healthy vs. harmful bacteria in the digestive tract. When compared with yogurt, *Bacillus coagulans* delivers 10 times as many live probiotics to the small intestine.
   This is extremely important as probiotics can only deliver digestive and immune benefits if they make it to the small intestine. And GanedenBC³⁰ is safe too. An independent panel of scientists awarded self-affirmed GRAS (Generally Recognized As Safe) status after an extensive evaluation of research studies and toxicology data. One serving of DEEP² 30 contains a full daily serving of *Bacillus coagulans*.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Servings Per Container 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 120</td>
<td>Calories from Fat 0</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
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<tr>
<td>Trans Fat 0g</td>
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<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 31mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber 1g</td>
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<tr>
<td>Sugars (not added)</td>
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<tr>
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<tr>
<td>Potassium</td>
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<tr>
<td>Magnesium</td>
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<tr>
<td>Calcium</td>
<td>288 mg</td>
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<tr>
<td>Phosphorus</td>
<td>32mg</td>
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</table>

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

**Ingredients:**
- Goat Milk Protein, Goat Milk Mineral Whey, Natural Flavor, Guar/Xanthan Gum Blend, Goat Milk Cream, Stevia, *Bacillus coagulans* GBI-30 6086

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**Suggested Directions:**
Take 2-3 rounded tbsp. (33g) in 8 oz. water. Shake vigorously or mix in blender. DEEP² 30 can be added to hot or cold drinks without damage to probiotics, protein, or minerals.

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Coconut Dream
Strawberry Splash
Banana Smoothie

3 Delicious Flavors

No Pesticides
No Preservatives
No Chemicals
All Natural

Mt. Capra Products
279 SW 9th St.
Chehalis, WA 98532

MtCapra.com
1-800-574-1961
info@mtcapra.com
Whole Protein vs. Whey Isolate
Cutting edge research continues to show that whole protein supplements containing both casein protein and whey protein are far superior for net muscle gain than those containing only whey protein isolate. Net Protein Gain (the amount of protein actually deposited in your tissue as muscle) is the most important aspect of protein supplementation. There are two factors that determine Net Protein Gain. The following graph illustrates the two requirements of a protein supplement for maximum protein (muscle) gain.

Net Protein Gain is higher with a whole protein than with a whey protein isolate.

Amino Acids in DEEP 30™

Why does DEEP 30™ contain minerals and electrolytes?
Minerals and electrolytes play a vital part in the overall health and wellness of a person. For example, there are over 3,000 active enzymes in every cell of the body and of these enzymes is an entire “family” of enzymes called metalloenzymes. They are named such because one or more metallic minerals play an essential role in their function. For example, copper is a key element in many enzymes that build or tear down body tissue. Manganese is used by enzymes needed to utilize several vitamins. Zinc is used in over 80 enzyme reactions that are critical for life in all people! Another example is that of sodium. Unlike table salt or sodium chloride, bio-organic sodium, i.e., sodium carried naturally in food, is a crucial mineral for healthy cell performance, proper neurological function, and a host of other systems and processes. Consider the relationship sodium has with amino acids and the importance becomes quite clear. Amino acids can only be absorbed through the small intestine via a sodium dependent transport system. Without sodium binding to a carrier, certain amino acids will not be absorbed. Finally potassium is a key mineral that is involved in a multitude of systemic roles such as cellular and electrical function. Potassium helps to regulate acid-base balance as well as water hydration levels. Potassium deficiency is unfortunately very prevalent and symptoms can include fatigue, depression, hypertension (high blood pressure) and muscle weakness.

Why does DEEP 30™ contain probiotics?
Probiotics are “Health Enhancing Bacteria” that when introduced successfully into the intestinal tract, replenishes the intestinal microflora helping the body to digest and absorb food as well as fight off many different illnesses and disease. We use the patented GanedenBC 30™ strain Bacillus coagulans GBI 30-0006 which has dozens of clinical studies to show a variety of digestive enhancements and immune support. Dr. Michael Roizen, Chief Wellness Officer of the Cleveland Clinic and co-author of the New York Times bestselling YOU series of books, says this of the probiotic “Bacillus coagulans is one of the most exciting strains of ‘good’ bacteria to come around because it can withstand extreme temperatures and the harsh acid in the stomach.”

DEEP 30™ is minimally processed.
Most protein manufacturers 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. This drying method uses conduction, convection, and infra-red which applies minimal and variable heat sources to gently dry product and preserve the original nutritional integrity which 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.