

SUGGESTED USAGE: Add 2 level scoops (62 g) to 12-16 oz. of cold water, milk, or your favorite juice and blend. Also consider adding NOW® Flax Seed Oil for enhanced nutritional benefit. Please note the additional calories and nutrients provided by the above ingredients.

NOW® Whey Protein Isolate is a high quality protein supplement that is both bioavailable and easily digested. Whey protein contains a high concentration of Branched Chain Amino Acids (BCAA's), which are important for efficient muscle metabolism.* These qualities make NOW® Whey Protein Isolate an ideal supplement for active individuals.

***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Manufactured by NOW FOODS
BLOOMINGDALE, IL 60108
Made in the U.S.A.
Visit us at www.nowfoods.com

CODE 2159



POWER SIZE



Whey Protein Isolate

**Mixes Instantly
Cross-Flow Microfiltered
High in Branch Chain Amino Acids**

Natural Vanilla

Net Wt. 5 lbs. (2268 g)



A Dietary Supplement

Supplement Facts

Serving Size 2 Level Scoops (62 g)
Servings Per Container 36

	Amount Per Serving	% Daily Value
Calories	230	
Calories from Fat	5	
Total Fat	0.6 g	< 1%*
Saturated Fat	0.4 g	2%*
Cholesterol	9 mg	3%
Sodium	90 mg	4%
Potassium	350 mg	10%
Total Carbohydrate	7 g	2%*
Sugars	5 g	†
Protein	50 g	100%*
Calcium	255 mg	25%

Stevia rebaudiana Extract 75 mg (Leaf) †

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

INGREDIENTS: Cross-Flow Microfiltered Whey Protein Isolate (providing β-lactoglobulin, α-lactalbumin, Immunoglobulins and Glycomacro Peptides), Fructose, Xanthan Gum, Natural Flavors, Soy Lecithin and Stevia rebaudiana Herbal Extract. Contains milk and soy derivatives.

Contains no salt, starch, yeast, wheat, gluten or preservatives.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. NOT INTENDED AS A MEAL REPLACEMENT.

This product is sold by weight not volume.

Whey protein is considered to have the highest Biological Value of any protein source – superior in essential amino acid content to beef, milk, casein or soy.

Since 1968, NOW has earned a valued reputation for producing quality products at reasonable prices. Our Quality Assurance and Quality Control teams of certified nutritionists, chemists and technicians thoroughly evaluate all products, processes, packaging and sources. Our responsibility and pledge is to honestly and accurately label quality products that are fresh, potent and effective.

Typical Amino Acid Profile

Essential Amino Acids	mg Per 62 g Serving
L-Isoleucine	3182
L-Leucine	5818
L-Lysine	5512
L-Methionine	960
L-Phenylalanine	1466
L-Threonine	4494
L-Tryptophan	1074
L-Valine	3341
Non-Essential Amino Acids	
L-Alanine	2727
L-Arginine	1011
L-Aspartic Acid	5773
L-Cysteine	1188
L-Glutamic Acid	10,972
L-Glycine	807
L-Histidine	744
L-Proline	3261
L-Serine	2796
L-Tyrosine	1523
Total	56,649 mg