

SUGGESTED USAGE: Add 2 level scoops (62 g) daily 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.

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

CODE 2164B 



Whey Protein Isolate

Mixes Instantly • Cross-Flow Microfiltered
High in Branched Chain Amino Acids



Strawberry

Net Wt. 1.8 lbs. (816 g)

A Dietary Supplement



Supplement Facts

Serving Size 2 Level Scoops (62 g)
Servings Per Container 13

	Amount Per Serving	% Daily Value
Calories	230	
Calories from Fat	5	
Total Fat	0.6 g	1%*
Saturated Fat	0.4 g	2%*
Trans Fat	0 g	†
Cholesterol	9 mg	3%
Total Carbohydrate	7 g	2%*
Sugars	5 g	†
Protein	50 g	100%*
Calcium	255 mg	26%
Sodium	90 mg	4%
Potassium	350 mg	10%
Stevia rebaudiana Extract (Leaf)	75 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Typical Amino Acid Profile

Essential Amino Acid	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

This product is sold by weight not volume.

Store in a cool, dry place.
Please Recycle.

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

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com
Contains no salt, starch, yeast, wheat, gluten, egg, shellfish or preservatives.

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.