

SUGGESTED USAGE: Mix or blend 1 level scoop (28 g) into 4 to 8 oz. of cold water, milk or your favorite juice. 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.
www.nowfoods.com

CODE 2174 



POWER SIZE

100% Pure
Mixes Instantly • Microfiltered
High in Branch Chain Amino Acids

Natural Unflavored

Net Wt. 5 lbs. (2268 g)



Whey Protein Isolate



A Dietary Supplement

Supplement Facts

Serving Size 1 Scoop (28 g)
Servings Per Container 81

	Amount Per Serving	% Daily Value
Calories	105	
Total Fat	0.3 g	< 1%*
Trans Fat	0 g	†
Cholesterol	4 mg	1%
Sodium	40 mg	2%
Total Carbohydrate	1 g	< 1%*
Sugars	1 g	†
Protein	25 g	50%*
Calcium	125 mg	13%
Potassium	168 mg	5%
Phosphorus	70 mg	7%
Magnesium	22 mg	6%

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

INGREDIENTS: Microfiltered Whey Protein Isolate (milk) (providing β-lactoglobulin, α-lactalbumin, Immunoglobulins and Glycomacro Peptides) and Soy Lecithin (< 1%).

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, egg or preservatives.

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.

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

Typical Amino Acid Profile

Essential Amino Acids	mg Per 28 g Serving
L-Isoleucine	1568
L-Leucine	2867
L-Lysine	2716
L-Methionine	473
L-Phenylalanine	722
L-Threonine	2215
L-Tryptophan	529
L-Valine	1646
Non-Essential Amino Acids	
L-Alanine	1344
L-Arginine	498
L-Aspartic Acid	2845
L-Cysteine	585
L-Glutamic Acid	5407
L-Glycine	398
L-Histidine	367
L-Proline	1607
L-Serine	1378
L-Tyrosine	750
Total	27,915 mg