

**SUGGESTED USAGE:** Add 1 scoop (42 g) daily to 8 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 is a delicious blend of three of the highest quality whey protein concentrates and isolates from around the world: Micro-Filtered, Ion-Exchanged and Enzymatically Hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and Biological Value (BV). Extra L-Glutamine has been added (460 mg per serving) because of its important role in protecting muscle tissue from breaking down under stressful, vigorous physical activity.\*

\*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.**

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.

CODE 2185B 



# Whey Protein

No Artificial Ingredients  
Microfiltered • Ion-Exchanged  
High in Branched Chain Amino Acids  
Added Glutamine

**Natural Vanilla**

Net Wt. 2 lbs. (908 g)

A Dietary Supplement



## Supplement Facts

Serving Size 1 Scoop (42 g)  
Servings Per Container 21

	Amount Per Serving	% Daily Value
Calories	165	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	†
Cholesterol	6 mg	2%
Total Carbohydrate	11 g	4%*
Sugars	5 g	†
Protein	26 g	52%*
Calcium	173 mg	17%
Sodium	104 mg	4%
Potassium	137 mg	4%
<i>Stevia rebaudiana</i> Extract (Leaf)	84 mg	†

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

**INGREDIENTS:** Whey Protein Blend [Micro-Filtered Whey Protein Concentrate (providing  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, Immunoglobulins and Serum Albumin), Ion-Exchanged Whey Protein Isolate (providing  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, Immunoglobulins and Glycomacro Peptides) and Enzymatically Hydrolyzed Whey Protein Concentrate], Fructose, Natural Flavor, Xanthan Gum, Free-Form L-Glutamine 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](http://www.nowfoods.com)

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

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.

This product is sold by weight not volume.  
Store in a cool, dry place. Please Recycle.

## Typical Amino Acid Profile

Essential Amino Acids	mg Per 42 g Serving
L-Isoleucine	1668
L-Leucine	2730
L-Lysine	2364
L-Methionine	555
L-Phenylalanine	831
L-Threonine	2042
L-Tryptophan	471
L-Valine	1533
<b>Non-Essential Amino Acids</b>	
L-Alanine	1370
L-Arginine	677
L-Aspartic Acid	3171
L-Cysteine	504
L-Glutamic Acid	4884
L-Glutamine	460
L-Glycine	513
L-Histidine	467
L-Proline	1671
L-Serine	1449
L-Tyrosine	563
<b>Total</b>	<b>27,923 mg</b>