

SUGGESTED USAGE: Mix 1 level scoop (24 g) daily into 8 oz. of cold water, milk, or your favorite juice. Also consider adding NOW® Flax Seed Oil for enhanced nutritional benefit.

NOW® Certified Organic Whey Protein is an all-natural whey protein that is concentrated from organic milk, which was produced without the use of synthetic growth hormones (rBGH), antibiotics, or pesticides. It is processed by low temperature ultrafiltration to limit denaturation of the proteins, and 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® Certified Organic Whey Protein an ideal supplement for active individuals seeking the most natural and wholesome milk protein for themselves and their families.

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

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.

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

CODE 2205 



Certified Organic

Whey Protein

**Mixes Instantly • Ultrafiltered
Free of rBGH and Antibiotics**

Natural Unflavored

Net Wt. 1 lb. (454 g)

A Dietary Supplement

Supplement Facts

Serving Size 1 Level Scoop (24 g)
Servings Per Container 19

	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	†
Cholesterol	10 mg	3%
Total Carbohydrate	2 g	1%*
Sugars	2 g	†
Protein	19 g	38%*
Sodium	45 mg	2%
Potassium	75 mg	2%

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

INGREDIENTS: Organic Whey Protein Concentrate and Organic Soy Lecithin (< 1%). Contains milk and soy derivatives.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com

Certified Organic by Quality Assurance International.

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

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 24 g Serving
L-Isoleucine	1193
L-Leucine	2386
L-Lysine	1848
L-Methionine	502
L-Phenylalanine	653
L-Threonine	1702
L-Tryptophan	370
L-Valine	1116

Non-Essential Amino Acids

L-Alanine	878
L-Arginine	466
L-Aspartic Acid	2450
L-Glutamic Acid	3742
Glycine	396
L-Histidine	355
L-Proline	1490
L-Serine	1135
L-Tyrosine	638

Total 21,320 mg