

Ingredients: Ion-exchanged whey protein isolates** (milk), hydrolyzed and micro-filtered whey protein concentrate (milk), natural dairy flavor, natural strawberry flavor, strawberry fruit pieces, free form amino acids (L-glutamine, L-leucine, L-isoleucine, L-valine), carrageenan, xanthan, stevia.

** Naturally supplying important immune supporting proteins, including: B-lactoglobulin, A-lactalbumin, bovine serum albumin, immunoglobulin and lactoferrin.

The whey protein used in our product is sourced from an origin that does not permit the use of rBGH, recombinant bovine growth hormone.

CONTAINS NO artificial colors or flavors, preservatives, corn, soy, yeast, wheat, grain, gluten or egg products.

Directions: Add one heaping scoop (included in can) of powder to 8 oz. of milk, juice or favorite beverage. Mix until smooth.

Whey supports the body's ability to maintain, increase, and repair muscle by absorbing and retaining nitrogen. It also provides the milk proteins, B-lactoglobulin, A-lactalbumin, immunoglobulin, and lactoferrin, which are important for immune system function.

Whey surpasses even whole eggs in its ability to deposit nitrogen in the muscle. Our **Show Me the Whey®** product has highly bioavailable protein concentrate, making it ideal to promote muscle repair, maintenance and growth. Free-form branched chain amino acids have been added to further support muscle health.†

Our proprietary process uses only natural enzymes and high quality membrane filters to separate the whey and preserve the essential nutrients. Due to the low temperature processing, our whey supports cellular glutathione levels, one of nature's important antioxidants. This state-of-the-art processing creates a complete spectrum of whey peptides, improving nitrogen retention, supporting immune system health, and providing antioxidant protection.

Typical Amino Acid Profile Per Serving of Drink Mix:

Alanine.....	1051 mg	Lysine□.....	2055 mg
Arginine.....	553 mg	Methionine□.....	434 mg
Aspartic Acid.....	2286 mg	Phenylalanine□.....	700 mg
Cystine.....	711 mg	Proline.....	831 mg
Glutamic Acid.....	3229 mg	Serine.....	821 mg
Glycine.....	336 mg	Threonine□.....	972 mg
Histidine.....	368 mg	Tryptophan□.....	444 mg
Isoleucine*□.....	1252 mg	Tyrosine.....	770 mg
Leucine*□.....	2719 mg	Valine*□.....	1134 mg

* Branched Chain Amino Acid

□ Essential Amino Acid

Each serving fortified with an additional 100 mg L-glutamine and 300 mg branched chain amino acids (BCAA).

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

KEEP OUT OF REACH OF CHILDREN.

970G

No Added Sugar

Micro-Filtered, Hydrolyzed and Ion-Exchanged



SHOW ME THE WHEY®

From cows NOT treated with rBGH

Enriched with Branched Chain Amino Acids

• Natural Strawberry Flavor •

Supports Muscle Development & Repair
While Providing Antioxidant Protection†

NET WT. 16 OZ. (454 g)

Supplement Facts

Serving Size: One Scoop (23.5 g)

Servings Per Container: Approximately 19

Amount Per Serving	Powder Mix	With 1 Cup Skim Milk
Calories	85	175
Calories from Fat	2	2
%Daily Value*		
Total Fat	<1 g	1%
Saturated Fat	0 g	0%
Cholesterol	3 mg	1%
Sodium	162 mg	7%
Potassium	11 mg	<1%
Total Carbohydrate	2 g	<1%
Dietary Fiber	0 g	0%
Sugars	<1 g	
Protein	18 g	

Vitamin A	<1%	10%
Vitamin C	0%	4%
Calcium	3%	33%
Vitamin D	0%	25%
Phosphorous	4%	29%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4