SUGGESTED USAGE: Mix 1/4 cup daily into 12 oz. of milk or other liquid. This powder can also be used in cooking recipes by mixing two tablespoons of powder with six tablespoons of water to equal two egg whites.

NOW® Sports Egg White Protein is an excellent natural source of high quality protein. Good quality proteins rate well on the PDCAAS (Protein Digestibility Corrected Amino Acid Score), the most accurate measurement of a protein's quality. NOW® Sports Egg White Protein rates as one of the highest quality proteins available when using the PDCAAS. A good mix of proteins from different sources provides the best results, and high quality NOW® Sports Egg White Protein is an

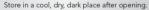
excellent addition to any protein supplementation program. This egg white powder is pasteurized which inactivates the avidin glycoprotein. Therefore, biotin fortification is not necessary for this

product. NOTICE: Use this product as a food supplement only.

Do not use for weight reduction.

Natural color variation may occur in this product.

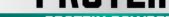
This product is sold by weight not volume.













ARTIFICIAL SWEETENERS





INGREDIENT: EGG WHITE POWDER. **Nutrition Facts** DISTRIBUTED & QUALITY TESTED BY

About 27 servings per container Serving size 1/4 cup (20g)

Amount per serving

* The % Daily Value (DV) tells you how much a nutrien

in a serving of food contributes to a daily diet, 2,000

calories a day is used for general nutrition advice.

Vit. D 0mcg 0%

Iron 0ma 0%

00

| Calories | Amino Acids |
|--------------------------|------------------------------|
| | L-Histidine |
| % Da | ily Value* L-Isoleucine*** |
| Total Fat 0g | 0% |
| iotai rat og | L-Lysine |
| Saturated Fat 0g | 0% L-Methionine |
| | L-Phenylalanine |
| <i>Trans</i> Fat 0g | L-Threonine |
| Cholesterol 0mg | 0% L-Tryptophan |
| | L-valine |
| Sodium 260mg | 11% Non-Essential Amino Acid |
| Total Carbohydrate 2g | <1% |
| | L-Arginine |
| Dietary Fiber 0g | 0% L-Aspartic Acid |
| , , | L-Cysteine |
| Total Sugars 1g | L-Glutamic Acid |
| Includes 0g Added Sugars | Glycine |
| | L-Fronie |
| Protein 16g | 32% L-Serine |
| | 1. Turceine |

Potas. 225mg 4%

containing these allergens.

subject to natural variability *Branched-Chain Amino Acids Not manufactured with wheat, gluten sov. corn. milk. fish. shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients

NOW FOODS, 395 S, GLEN ELLYN RD.

BLOOMINGDALE, IL 60108, USA

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Typical Amino Acid Profile



