

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.

Store in a cool, dry, dark place after opening.

Code 2040BN v7



NET WT. 1.2 LBS. [544 G]



EGG WHITE PROTEIN

PROTEIN POWDER

Nutrition Facts

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

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 2g	<1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 16g	32%

Vit. D 0mcg 0% • Calcium 12mg 0%
Iron 0mg 0% • Potas. 225mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENT: EGG WHITE POWDER.

DISTRIBUTED & QUALITY TESTED BY:
NOW FOODS, 395 S. GLEN ELLYN RD.
BLOOMINGDALE, IL 60108, USA
nowsportsproducts.com

Typical Amino Acid Profile (example) (per serving)**	
Essential Amino Acids	mg Per Serving
L-Histidine	366
L-Isoleucine***	916
L-Leucine***	1367
L-Lysine	1103
L-Methionine	558
L-Phenylalanine	947
L-Threonine	737
L-Tryptophan	200
L-Valine***	1032
Non-Essential Amino Acids	
L-Alanine	936
L-Arginine	882
L-Aspartic Acid	1650
L-Cysteine	420
L-Glutamic Acid	2153
Glycine	568
L-Proline	630
L-Serine	1118
L-Tyrosine	630

**subject to natural variability

***Branched-Chain Amino Acids
Not manufactured with wheat, gluten, soy, corn, milk, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.