

Nutrition Facts

26 servings per container
Serving size 2 Scoops (36.5g)

Amount per serving	
Calories	145
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 225mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.4mg	2%
Potassium 340mg	8%
Phosphorus 100mg	8%
Magnesium 20mg	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.

INGREDIENTS: Proto Whey (Micro Peptides from High-DH whey protein hydrolysate), maltodextrin, natural and artificial flavors, MCTs (medium chain triglycerides), fructose, SoftPsil (micronized psyllium fiber), soy lecithin, salt, sucralose.

CONTAINS: Milk, Soy (from lecithin).

DIRECTIONS: Add 2 scoops (36.5g) Proto Whey® to 3/4 cup (6 oz) cold water and shake or stir.

Distributed by:
BioNutritional Research Group
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powercrunch.com

2g of the 3g Saturated Fat are MCTs (Medium Chain Triglycerides). MCTs provide energy for digestion and cannot be converted to body fat.

This product is accurately packed by weight. Some settling may occur during shipping. To loosen the powder prior to use, simply shake or roll the jar.

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Proto Whey
Vanilla
Crème

20g
protein

3g
sugar

2g
fiber

145
calories

EXCEPTIONAL PROTEIN NUTRITION
OVER 40% DI AND TRIPEPTIDES

GLUTEN-FREE



HIGH-DH HYDROLYZED
WHEY PROTEIN POWDER

NET WT. 2.1 LBS (949g)

PURE HIGH-DH
HYDROLYZED WHEY PROTEIN

Hydrolysis is the natural intestinal process of breaking down whole proteins found in food and supplements into smaller proteins, called peptides (Micro Peptides™), and amino acids.

DH is the Degree of Hydrolysis, which indicates the extent to which the protein has been broken down. Higher DH means more rapid and complete absorption. In order to be absorbed, protein must be hydrolyzed down to amino acids or to the smallest peptides, called di and tripeptides.

Whole proteins, including whey isolates, concentrates, caseins, soy, and blends are large proteins and naturally contain little to no Micro Peptides™ and no di and tripeptides.

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Proto Whey® is designed for use as a primary source of protein and may be used at any time of the day. It may be consumed alone or with carbohydrate foods, depending on individual caloric needs.

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Notice: Use this product as a food supplement only. Do not use for weight reduction.

TARGETED PROTEIN DELIVERY™

Di and tripeptides target the PEPT-1 transporter which transports over 8,400 possible different di and tripeptides. Whole protein digestion relies heavily on amino acid transporters which are less efficient and transport only a fraction of what PEPT-1 transporters do when protein is delivered as di and tripeptides instead of whole proteins.

The speed and efficiency of the PEPT-1 transport system allows for faster delivery of protein throughout the body and bypasses other systems that can limit the delivery of amino acids.

Di and tripeptides carry metabolic information not present in amino acids. High-DH proteins deliver protein into the blood primarily as di and tripeptides whereas whole protein digestion delivers a high quantity of amino acids.

HYDROLYZED WHEY ADVANTAGES

- ⊕ Requires less breakdown and digestive energy than whole proteins.
- ⊕ Contains 10 grams of essential amino acids per serving. EAAs cannot be synthesized by the body and must be supplied by the diet.
- ⊕ Low glycemic response.
- ⊕ Mixes easily - no blender required.
- ⊕ Industry-leading, rich and creamy taste profile.
- ⊕ Proto Whey® employs a unique combination of SoftPsil® micronized psyllium fiber and MCTs (medium chain triglycerides) to provide digestive energy and help maintain optimum intestinal health.

FOR THE SCIENCE MINDED

For information on High-DH Hydrolysates, PEPT-1 Transporters, Micro Peptides™ and even more technology behind all Power Crunch products, visit powercrunch.com.