

WHEY IS AN EXCELLENT SOURCE OF PROTEIN BECAUSE OF ITS HIGH BIOLOGICAL VALUE (BV)!

WHEY IS THE PROTEIN OF CHOICE BECAUSE OF ITS:

- efficient utilization in the body due to its high BV
- natural source of branched chain amino acids
- natural source of lactalbumin and immunoglobulins

Solgar® Whey To Go® Protein Powder

- COMPLETE ESSENTIAL AMINO ACID PROFILE
- HIGH BIOLOGICAL PROTEIN VALUE
- HIGHLY EFFICIENT CROSS-FLOW MICRO-FILTERED WHEY ISOLATE AND CONCENTRATE
- NON-CHEMICAL WHEY EXTRACTION PROCESS
- WITH FREE-FORM L-GLUTAMINE AND FREE-FORM BRANCHED CHAIN AMINO ACIDS (BCAA'S)
- GLUTEN FREE AND MADE WITH NATURAL FLAVORS
- LOW IN FAT • EASY TO MIX

Solgar® Whey To Go®

Protein Powder is a highly efficient, advanced protein enhancement product. It is formulated with a blend of uniquely processed whey protein isolate and whey protein concentrate. Cross-flow micro-filtration adds to *Whey To Go®* Protein Powder's amino acid availability, absorption and utilization.

Solgar® Whey To Go®

Protein Powder also includes the two beneficial ingredients, Free-Form L-Glutamine and Free-Form Branched Chain Amino Acids (BCAA's), plus the naturally occurring amounts from whey. L-Glutamine plays a significant role in supporting protein metabolism.* BCAA's are directly involved in protein synthesis and help support muscle nitrogen and a free amino acid pool during exercise.* Both L-Glutamine and BCAA's are used by muscle tissue as a source of energy.*

In addition, **Solgar® Whey To Go®** Protein Powder is gluten free and low in fat. Plus, its delicious vanilla flavor blends easily and tastes great. The product can also be mixed in water or your preferred source of lactose-free food such as sauces, muffins, pancakes and other bake mixes. It is an excellent way to add high quality whey protein to your daily caloric intake.

*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.



WHEY PROTEIN POWDER

rBGH FREE*
GLUTEN FREE

Mixes Easily for Smooth Taste
No Artificial Sweeteners
Suitable for Lacto-Vegetarians



vanilla
NATURALLY FLAVORED*



Whey TO GO®

Supplement Facts

Serving Size: 26 g (approx. 1 Scoop)

Servings Per Container: 13

Amount Per Serving	%DV
Calories	100
Total Fat	0.5 g 1%**
Cholesterol	5 mg 2%
Total Carbohydrate	2 g <1%**
Total Sugars	<1 g ***
Includes 0g Added Sugars	0%**
Protein	20 g 38%**
Calcium †	80 mg 6%
Sodium †	60 mg 3%
Potassium †	110 mg 2%

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

***Daily Value (DV) not established

Ingredients:

Whey Protein Isolate^{††}, Natural Flavors, Free-Form L-Glutamine, Whey Protein Concentrate^{††}, Free-Form BCAA's (L-Leucine, L-Valine, L-Isoleucine). Contains <1% of: Soy Lecithin, Sunflower Lecithin.

Contains milk and soy.

Suggested Use:

As a dietary supplement for adults, mix 26 grams (approx. 1 scoop) in 8 ounces of water, milk, or your favorite juice and blend or shake vigorously. May also be blended with fresh fruit. Please note the additional calories and/or protein provided by milk or juice.

*This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone. No significant difference has been shown between milk derived from rBGH treated cows and untreated cows.

† If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under lid is missing or damaged.

†† Naturally occurring; therefore amount may vary.

††† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, protease peptides, and lactoferrin.

This product is packed by weight not by volume—settling will occur.

Carefully Manufactured for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4
www.solgar.com

©2019 Solgar, Inc.

Typical Amino Acid Profile per Serving****

Essential Amino Acids

L-Histidine.....	340 mg
L-Isoleucine.....	1474 mg
L-Leucine.....	2243 mg
L-Lysine.....	1845 mg
L-Methionine.....	431 mg
L-Phenylalanine.....	589 mg
L-Threonine.....	1419 mg
L-Tryptophan (naturally occurring).....	384 mg
L-Valine.....	1319 mg

Non Essential Amino Acids

L-Alanine.....	993 mg
L-Arginine.....	411 mg
L-Aspartic Acid.....	2184 mg
L-Cysteine.....	412 mg
L-Glutamic Acid.....	4744 mg
Glycine.....	319 mg
L-Proline.....	1153 mg
L-Serine.....	885 mg
L-Tyrosine.....	546 mg

****approximate values



Prod 3667
SOLGB31413 06E 30-41616

DIETARY SUPPLEMENT Net Weight 12 oz. (340 g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.
*WITH OTHER NATURAL FLAVORS