

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-FILTRATION 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
- POWDER NOT 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.*

*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

• HIGH FREE*
GLUTEN FREE

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

20g PROTEIN | <1g SUGAR
PER SERVING

vanilla
NATURALLY FLAVORED*



Whey TO GO.

Supplement Facts

Serving Size 26 g (approx. 1 Scoop)
Servings Per Container: 36

Amount Per Serving	%DV
Calories	100
Total Fat	0.5 g 1%*
Cholesterol	5 mg 1%
Total Carbohydrate	2 g <1%*
Total Sugars	<1 g ***
Includes Qty. Added Sugars	0%*
Protein	20 g 98%*
Calcium ‡	80 mg 6%
Sodium †	80 mg 1%
Potassium ‡	100 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 medications 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 glycomacropeptides, 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.
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For more information, call toll-free 1-877-SOLGAR-4
www.solgar.com
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Typical Amino Acid Profile per Serving***	
Essential Amino Acids	
L-Phenylalanine	140 mg
L-Isoleucine	140 mg
L-Leucine	234 mg
L-Lysine	80 mg
L-Methionine	40 mg
L-Threonine	200 mg
L-Valine	140 mg
L-Tryptophan (naturally occurring)	30 mg
L-Alanine	170 mg
Non-Essential Amino Acids	
L-Asparagine	200 mg
L-Arginine	80 mg
L-Aspartic Acid	170 mg
L-Glutamine	40 mg
L-Glutamic Acid	400 mg
Glycine	80 mg
L-Proline	170 mg
L-Serine	80 mg
L-Threonine	200 mg

***approximate values



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DIETARY SUPPLEMENT Net Weight 33 oz. (936 g)

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