

**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 immunoglobulin

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- MADE WITH NATURAL FLAVORS AND NO ARTIFICIAL SWEETENERS
- 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 deliciously rich strawberry 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

20g PROTEIN
PER SERVING

strawberry
NATURALLY FLAVORED*



**Whey
TO GO®**

Supplement Facts

Serving Size: 34 g (approx. 1 Scoop)

Servings Per Container: 13

Amount Per Serving		%DV
Calories	130	
Total Fat	0.5 g	1%**
Cholesterol	10 mg	3%
Total Carbohydrate	10 g	4%**
Total Sugars	8 g	***
Includes 8g Added Sugars		16%**
Protein	20 g	38%**
Calcium †	80 mg	6%
Sodium †	85 mg	4%
Potassium †	120 mg	3%

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

***Daily Value (DV) not established

Ingredients:

Whey Protein Isolate††, Fructose (from Sugar Beets), Whey Protein Concentrate††, Free-Form L-Glutamine, Natural Flavors, Free-Form BCAA's blend (L-Isoleucine, L-Leucine, L-Valine). Contains <1% of: Cellulose Gum, Medium Chain Triglycerides, Red Beet (color), Soy Lecithin, Sunflower Lecithin.

Contains milk and soy.

Suggested Use:

As a dietary supplement for adults, mix 34 grams in 8 ounces of water or your preferred source of milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favorite type of milk.

*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 any 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.
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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-Histidine.....	341 mg
L-Isoleucine.....	1458 mg
L-Leucine.....	2227 mg
L-Lysine.....	1826 mg
L-Methionine.....	433 mg
L-Phenylalanine.....	591 mg
L-Threonine.....	1407 mg
L-Tryptophan (naturally occurring).....	382 mg
L-Valine.....	1309 mg

Non Essential Amino Acids

L-Alanine.....	988 mg
L-Arginine.....	418 mg
L-Aspartic Acid.....	2164 mg
L-Cysteine.....	421 mg
L-Glutamic Acid.....	4687 mg
Glycine.....	324 mg
L-Proline.....	1151 mg
L-Serine.....	891 mg
L-Tyrosine.....	552 mg

****approximate values



Prod 32874
SOLGB32874 05D 30-41618

DIETARY SUPPLEMENT Net Weight 16 oz. (453.5 g)

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