



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[^]



DIETARY SUPPLEMENT Net Weight 1.1 oz. (34 g)

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

[^]WITH OTHER NATURAL FLAVORS

WHEY
TO GO.

Supplement Facts

Serving Size: 1 Packet (34 g)

Amount Per Serving		%DV
Calories	130	
Calories from Fat	5	
Total Fat	0.5 g	1%*
Saturated Fat	<0.5 g	2%*
Cholesterol	10 mg	3%
Total Carbohydrate	10 g	3%*
Sugars	9 g	**
Protein	20 g	40%*
Calcium †	83 mg	8%
Phosphorus †	45 mg	5%
Magnesium †	15 mg	4%
Sodium †	80 mg	3%
Potassium †	130 mg	4%

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

**Daily Value (DV) not established

Ingredients:

Whey Protein Isolate ††, Fruit Sugar (derived from beet), Whey Protein Concentrate ††, Free-Form L-Glutamine, Natural Flavors, Free-Form BCAA's (L-Leucine, L-Valine, L-Isoleucine). 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 packet is torn or open.

† Naturally occurring; therefore amount may vary.

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

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

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

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