



## WHEY PROTEIN POWDER

rBGH FREE<sup>†</sup>

GLUTEN FREE

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

|             |               |
|-------------|---------------|
| <b>20g</b>  | <b>&lt;1g</b> |
| PROTEIN     | SUGAR         |
| PER SERVING |               |

*vanilla*

NATURALLY FLAVORED<sup>^</sup>



DIETARY SUPPLEMENT Net Weight 0.9 oz. (26 g)  
NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.  
<sup>^</sup>WITH OTHER NATURAL FLAVORS

# WHEY

# TO

# GO

### Supplement Facts

Serving Size: 1 Packet (26 g)

| Amount Per Serving |        | %DV  |
|--------------------|--------|------|
| Calories           | 100    |      |
| Calories from Fat  | 5      |      |
| Total Fat          | 0.5 g  | 1%*  |
| Cholesterol        | 5 mg   | 2%   |
| Total Carbohydrate | 2 g    | <1%* |
| Sugars             | <1 g   | **   |
| Protein            | 20 g   | 40%* |
| Calcium †          | 80 mg  | 8%   |
| Phosphorus †       | 40 mg  | 4%   |
| Magnesium †        | 16 mg  | 4%   |
| Sodium †           | 55 mg  | 2%   |
| Potassium †        | 115 mg | 3%   |

\*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 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 packet is torn or open.

† Naturally occurring; therefore amount may vary.

†† Supplying  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, protease peptides, and lactoferrin.

| 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                     |         |

Carefully Manufactured for:  
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For more information, call toll-free  
1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)

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