



## WHEY PROTEIN POWDER

rBGH FREE<sup>†</sup>

GLUTEN FREE

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

**20g PROTEIN**  
PER SERVING

*chocolate*

NATURALLY FLAVORED<sup>^</sup>



DIETARY SUPPLEMENT Net Weight 1.2 oz. (35 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 (35 g)

| Amount Per Serving |        | %DV  |
|--------------------|--------|------|
| Calories           | 140    |      |
| Calories from Fat  | 10     |      |
| Total Fat          | 1 g    | 2%*  |
| Cholesterol        | 10 mg  | 3%   |
| Total Carbohydrate | 11 g   | 4%*  |
| Dietary Fiber      | <1 g   | 3%*  |
| Sugars             | 9 g    | **   |
| Protein            | 20 g   | 40%* |
| Calcium †          | 80 mg  | 8%   |
| Iron †             | 0.5 mg | 3%   |
| Phosphorus †       | 50 mg  | 5%   |
| Magnesium †        | 20 mg  | 5%   |
| Sodium †           | 75 mg  | 3%   |
| Potassium †        | 200 mg | 6%   |

\*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 ††, Dutch Cocoa (processed with alkali), Natural Flavors, Free-Form L-Glutamine, Free-Form BCAA's (L-Leucine, L-Valine, L-Isoleucine). Contains <1% of: Cellulose Gum, Medium Chain Triglycerides, Soy Lecithin, Sunflower Lecithin.

Contains milk and soy.

## Suggested Use:

As a dietary supplement for adults, mix 35 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 health-care 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.....                       | 1454 mg |
| L-Leucine.....                          | 2217 mg |
| L-Lysine.....                           | 1813 mg |
| L-Methionine.....                       | 429 mg  |
| L-Phenylalanine.....                    | 599 mg  |
| L-Threonine.....                        | 1403 mg |
| L-Tryptophan (naturally occurring)..... | 381 mg  |
| L-Valine.....                           | 1315 mg |

#### Non Essential Amino Acids

|                      |         |
|----------------------|---------|
| L-Alanine.....       | 989 mg  |
| L-Arginine.....      | 435 mg  |
| L-Aspartic Acid..... | 2176 mg |
| L-Cysteine.....      | 414 mg  |
| L-Glutamic Acid..... | 4705 mg |
| Glycine.....         | 334 mg  |
| L-Proline.....       | 1148 mg |
| L-Serine.....        | 891 mg  |
| L-Tyrosine.....      | 553 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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Part No. 18-10488