

**Ingredients:** Ion-exchanged, microfiltered non-rBGH whey protein isolate (milk), non-rBGH whey protein concentrate (milk), natural vanilla flavor. Less than 1% of the following: carrageenan, free-form L-glutamine (vegetarian), stevia, sunflower lecithin.

The whey protein used in our product is sourced from an origin that does not permit the use of rBGH, recombinant bovine growth hormone.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

**Directions:** Add one heaping scoop (included in can) of powder to 8 oz. of milk, juice, yogurt, pudding or favorite beverage. Thoroughly shake or blend the product to ensure it is well dispersed. Store at room temperature, not exceeding 77° F.

Whey supports the body's ability to maintain, increase, and repair muscle by absorbing and retaining nitrogen. It also provides the milk proteins, B-lactoglobulin, A-lactalbumin, immunoglobulin, glycomacropeptide, and lactoferrin, which are important for immune system function.<sup>†</sup>

Whey surpasses even whole eggs in its ability to deposit nitrogen in the muscle. Our **Show Me The Whey®** product has highly bioavailable undenatured protein and Branched Chain Amino Acids (BCAA's), making it ideal to promote muscle repair, maintenance and growth. The free-form amino acid glutamine has been added to further support muscle health.<sup>†</sup>

Our proprietary process uses only natural enzymes and high quality membrane filters to separate the whey and preserve the essential nutrients. This state-of-the-art processing using low temperatures creates a complete spectrum of whey peptides, improving nitrogen retention, supporting immune system health, and providing antioxidant protection. Whey supports cellular glutathione levels, one of nature's important antioxidants.<sup>†</sup>

#### Typical Amino Acid Profile Per Serving of Drink Mix:

|                               |          |                                  |          |
|-------------------------------|----------|----------------------------------|----------|
| Alanine.....                  | 1,150 mg | Lysine <sup>†</sup> .....        | 2,593 mg |
| Arginine.....                 | 565 mg   | Methionine <sup>†</sup> .....    | 950 mg   |
| Aspartic Acid.....            | 2,325 mg | Phenylalanine <sup>†</sup> ..... | 743 mg   |
| Cysteine.....                 | 667 mg   | Proline.....                     | 1,110 mg |
| Glutamic Acid.....            | 3,729 mg | Serine.....                      | 931 mg   |
| Glycine.....                  | 593 mg   | Threonine <sup>†</sup> .....     | 1,236 mg |
| Histidine.....                | 417 mg   | Tryptophan <sup>†</sup> .....    | 459 mg   |
| Isoleucine <sup>†</sup> ..... | 1,332 mg | Tyrosine.....                    | 787 mg   |
| Leucine <sup>†</sup> .....    | 2,597 mg | Valine <sup>†</sup> .....        | 1,222 mg |

• Branched Chain Amino Acid

† Essential Amino Acid

Each serving fortified with an additional 75 mg L-Glutamine.

To report a serious adverse event, call 1-888-710-0006

<sup>†</sup>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.

KEEP OUT OF REACH OF CHILDREN.

VL 967-16T

Mixes Easier

## SHOW ME THE WHEY®

• Natural Vanilla Flavor •

Supports Muscle Development & Repair  
While Providing Antioxidant Protection<sup>†</sup>

- Microfiltered and Ion-Exchanged
- From cows not treated with rBGH
- No added sugar or artificial sweeteners
- Low sodium, low cholesterol and low fat
- Contains Branched Chain Amino Acids and L-glutamine

Dietary Supplement

NET WT. 16 OZ. (454 g)



## Supplement Facts

Serving Size: One Scoop (21.5 g)

Servings Per Container: Approximately 21

| Amount Per Serving        |       | Powder Mix | With 1 Cup Skim Milk |
|---------------------------|-------|------------|----------------------|
| <b>Calories</b>           |       | 80         | 170                  |
| Calories from Fat         |       | 5          | 10                   |
| %Daily Value              |       |            |                      |
| <b>Total Fat</b>          | 0.5 g | ***        | 2%                   |
| Saturated Fat             | 0 g   | 0%         | 4%                   |
| <b>Cholesterol</b>        | 20 mg | 7%         | 10%                  |
| <b>Sodium</b>             | 80 mg | 3%         | 12%                  |
| <b>Potassium</b>          | 75 mg | 2%         | 16%                  |
| <b>Total Carbohydrate</b> | 2 g   | ***        | 5%                   |
| Dietary Fiber             | 0 g   | 0%         | 0%                   |
| Sugars                    | 2 g   |            | **                   |
| <b>Protein</b>            | 18 g  | 36%        | 52%                  |
| L-Glutamine               | 75 mg | **         | **                   |
| <b>Calcium</b>            |       | 4%         | 35%                  |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\* Value not established.

\*\*\* Contains less than 2% of the Daily Value of this nutrient.

|                           |           |          |          |
|---------------------------|-----------|----------|----------|
|                           | Calories: | 2,000    | 2,500    |
| <b>Total Fat</b>          | Less than | 65 g     | 80 g     |
| <b>Sat Fat</b>            | Less than | 20 g     | 25 g     |
| <b>Cholesterol</b>        | Less than | 300 mg   | 300 mg   |
| <b>Sodium</b>             | Less than | 2,400 mg | 2,400 mg |
| <b>Potassium</b>          |           | 3,500 mg | 3,500 mg |
| <b>Total Carbohydrate</b> |           | 300 g    | 375 g    |
| <b>Dietary Fiber</b>      |           | 25 g     | 30 g     |
| <b>Protein</b>            |           | 50 g     | 65 g     |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4