

Ingredients: Ion-exchanged, microfiltered non-rBGH whey protein isolate (milk), non-rBGH whey protein concentrate (milk), organic cocoa^{††}. Less than 2% of the following: Xanthan gum, natural chocolate flavor, natural vanilla flavor, 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. Due to variations in the natural ingredients, the color may vary.

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.[‡]

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.[‡]

Our proprietary process uses only natural vegetarian 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. The Fair Trade, organic cocoa in our product uses cocoa beans harvested from the Yacoo cooperative in the Dominican Republic.[†]

Typical Amino Acid Profile Per Serving of Drink Mix:

Alanine.....	1,150 mg	Lysine ^{‡‡}	2,333 mg
Arginine.....	588 mg	Methionine ^{‡‡}	590 mg
Aspartic Acid.....	2,325 mg	Phenylalanine ^{‡‡}	743 mg
Cysteine.....	687 mg	Proline.....	1,110 mg
Glutamic Acid.....	3,729 mg	Serine.....	931 mg
Glycine.....	363 mg	Threonine ^{‡‡}	1,238 mg
Histidine.....	417 mg	Tyrosine ^{‡‡}	699 mg
Isoleucine ^{‡‡}	1,332 mg	Tyrosine.....	787 mg
Leucine ^{‡‡}	2,597 mg	Valine ^{‡‡}	1,222 mg
† Branched Chain Amino Acid		‡‡ Essential Amino Acid	

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

^{††} Fair Trade Certified®

About Fair Trade (www.fairtrade-certified.org)

By choosing this Fair Trade Certified® product, you are directly supporting a better life for farming families through fair prices, direct trade, community development, and environmental stewardship.

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

[‡] 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 969-16S

Richer-Tasting Chocolate Flavor

SHOW ME THE WHEY®

• Natural Chocolate Flavor •

Supports Muscle Development & Repair
While Providing Antioxidant Protection[†]

- Mixes Easily
- Microfiltered and Ion-Exchanged
- From cows not treated with rBGH
- No added sugar or artificial sweeteners
- Contains Branched Chain Amino Acids and L-glutamine
- Fair Trade Certified® Cocoa

Dietary Supplement

NET WT. 16.8 OZ. (478 g)



Supplement Facts

Serving Size: One Heaping Scoop (24 g)

Servings Per Container: Approximately 20

Amount Per Serving	Powder Mix	With 1 Cup Skim Milk
Calories	95	180
Calories from Fat	15	15
%Daily Value**		
Total Fat	1.5 g	3%
Saturated Fat	1 g	5%
Cholesterol	20 mg	7%
Sodium	90 mg	4%
Potassium	140 mg	4%
Total Carbohydrate	2 g	<1%
Dietary Fiber	1 g	4%
Sugars	<1 g	*
Protein	18 g	36%
L-Glutamine	75 mg	**
Calcium		5%

* Daily Value not established.

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

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

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

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

969 - WHEY - CHOCOLATE