

Ingredients: Ion-exchanged, microfiltered non-rBGH whey protein isolate (milk), non-rBGH whey protein concentrate (milk), natural strawberry flavor, 100% freeze dried strawberries. Less than 1% of the following: carrageenan, free-form L-glutamine (vegetarian), stevia, xanthan gum, natural cream flavor, 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. Mix well to disperse ingredients into beverage or food of choice.

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 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.[†]

Typical Amino Acid Profile Per Serving of Drink Mix:

Alanine.....	1,150 mg	Cysteine [‡]	2,390 mg
Arginine.....	595 mg	Methionine [‡]	590 mg
Aspartic Acid.....	2,325 mg	Phenylalanine [‡]	740 mg
Cysteine.....	987 mg	Proline.....	1,110 mg
Glutamic Acid.....	3,729 mg	Serine.....	931 mg
Glycine.....	355 mg	Threonine [‡]	1,239 mg
Histidine.....	417 mg	Tryptophan [‡]	459 mg
Isoleucine* [‡]	1,332 mg	Tyrosine.....	787 mg
Leucine** [‡]	2,997 mg	Valine [‡]	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

[†]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 970-16N

1/3 CUPS
PER
SERVING

New Formula • Mixes Easier SHOW ME THE WHEY®

• Natural Strawberry Flavor •

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

- 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 Heaping Scoop (23.5 g)

Servings Per Container: Approximately 19

Amount Per Serving	Powder Mix	With 1 Cup Skim Milk
Calories	90	180
Calories from Fat	10	12
%Daily Value*		
Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Cholesterol	20 mg	7%
Sodium	90 mg	4%
Potassium	90 mg	3%
Total Carbohydrate	2 g	1%
Dietary Fiber	Less than 1 g	1%
Sugars	Less than 1 g	**
Protein	19 g	38%
L-Glutamine	75 mg	**
Calcium		5%

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

** Daily Value not established.

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

	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

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

970 - WHEY - STRAWBERRY

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