

Ingredients: Cold processed and microfiltered non-rBGH whey protein isolate (milk), cold processed and microfiltered non-rBGH whey protein concentrate (milk), L-glutamine (vegetarian), non-GMO soy lecithin.

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

Directions: Add one 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 powder at room temperature, not exceeding 77° F.

Our whey protein is sourced from U.S. milk, produced by cows in the Mid-west region.

The use of rBGH (recombinant bovine growth hormone) is not permitted, and the cows have access to grazing in fresh pasture.

Whey protein supports the body's ability to maintain, increase, and repair muscle. It also provides micro-proteins such as 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®** has highly bioavailable undenatured proteins 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 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.[†]

ONLY
18 CARBS
PER
SERVING

Unflavored • Unsweetened **SHOW ME THE WHEY®**

• Natural Flavor •

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

Typical Amino Acid Profile Per Serving of Drink Mix:

Alanine	1,150 mg	Lysine [‡]	2,090 mg
Arginine	568 mg	Methionine [‡]	560 mg
Aspartic Acid	2,325 mg	Phenylalanine [‡]	742 mg
Cysteine	687 mg	Proline	1,110 mg
Glutamic Acid	3,728 mg	Serine	931 mg
Glycine	380 mg	Threonine [‡]	1,238 mg
Histidine	417 mg	Tryptophan [‡]	458 mg
Isoleucine [‡]	1,332 mg	Tyrosine	787 mg
Leucine [‡]	2,587 mg	Valine [‡]	1,222 mg

† Branched Chain Amino Acid

‡ Essential Amino Acid

Each serving is fortified with 75 mg L-Glutamine.

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

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.

YL 976-16A

Supplement Facts

Serving Size: One Scoop (21 g)

Servings Per Container: Approximately 22

Amount Per Serving		Powder Mix	With 1 Cup Skim Milk
Calories		85	165
Calories from Fat		10	10
		%Daily Value	
Total Fat	1 g	***	2%
Saturated Fat	0.5 g	0%	4%
Cholesterol	15 mg	5%	7%
Sodium	30 mg	1%	7%
Potassium	120 mg	3%	15%
Total Carbohydrate	1 g	<1%	5%
Protein	18 g	36%	52%
Calcium	80 mg	8%	41%
L-Glutamine	75 mg	**	**

* 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
Protein		50 g	65 g

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

