

WHEY IS AN EXCELLENT SOURCE OF PROTEIN BECAUSE OF ITS HIGH BIOLOGICAL VALUE (BV):

WHEY IS THE PROTEIN OF CHOICE BECAUSE OF ITS:

- efficient utilization in the body due to its high BV
- natural source of branched chain amino acids
- natural source of lactalbumin and immunoglobulins

Solgar® Whey To Go® Protein Powder

- COMPLETE ESSENTIAL AMINO ACID PROFILE - HIGH BIOLOGICAL PROTEIN VALUE
- HIGHLY EFFICIENT CROSS-FLOW MICRO-FILTRATION WHEY ISOLATE*
- NON-CHEMICAL WHEY EXTRACTION PROCESS
- WITH FREE-FORM L-GLUTAMINE + FREE-FORM BRANCHED CHAIN AMINO ACIDS (BCAAs)
- GLUTEN FREE + MADE WITH NATURAL FLAVORS AND NO ARTIFICIAL SWEETENERS
- LOW IN FAT + EASY TO MIX



WHEY PROTEIN POWDER

rBGH FREE WHEY*
GLUTEN FREE

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

20g PROTEIN
PER SERVING

chocolate
NATURALLY FLAVORED*



WHEY TO GO®

Supplement Facts

Serving Size: 35 g (approx. 1 Scoop)

Servings Per Container: 34

Amount Per Serving	%DV
Calories	130
Total Fat	1 g 1%**
Cholesterol	5 mg 2%
Total Carbohydrate	10 g 4%**
Total Sugars	9 g ***
Includes 9g Added Sugars	18%**
Protein	20 g 38%**
Calcium †	90 mg 7%
Iron †	0.7 mg 4%
Sodium †	75 mg 3%
Potassium †	210 mg 4%

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

***Daily Value (DV) not established.

Ingredients:

Whey Protein Isolate[†], Fructose (from Sugar Beets), Whey Protein Concentrate[†], Cocoa (processed with alkali), Natural Flavors, L-Glutamine, BCAA's blend (L-Isoleucine, L-Leucine, L-Valine). Contains <1% of: Cellulose Gum, Medium Chain Triglycerides.

Contains milk.

Suggested Use:

As a dietary supplement for adults, mix 35 grams (approx. 1 scoop) 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.

*The whey used in this product is obtained from cows not treated with rBGH, recombinant bovine growth hormone. No significant difference has been shown between milk derived from rBGH-treated cows and rBGH-untreated cows.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare 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 seal under lid is missing or damaged.

† Naturally occurring; therefore amount may vary.

†† Supplying β -lactoglobulin, α -lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, protease peptides, and lactoferrin.

This product is packed by weight not by volume—settling will occur.

Carefully Manufactured for:
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For more information, call toll-free 1-877-SOLGAR 4
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Typical Amino Acid Profile per Serving****

Essential Amino Acids

L-Histidine.....	340 mg
L-Isoleucine.....	1450 mg
L-Leucine.....	2230 mg
L-Lysine.....	1830 mg
L-Methionine.....	420 mg
L-Phenylalanine.....	600 mg
L-Threonine.....	1410 mg
L-Tryptophan (naturally occurring).....	380 mg
L-Valine.....	1310 mg

Non Essential Amino Acids

L-Alanine.....	990 mg
L-Arginine.....	430 mg
L-Aspartic Acid.....	2180 mg
L-Cysteine.....	410 mg
L-Glutamic Acid.....	4720 mg
Glycine.....	330 mg
L-Proline.....	1150 mg
L-Serine.....	890 mg
L-Tyrosine.....	550 mg

****approximate values

Prod 3673
SOLGB31416 07G

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DIETARY SUPPLEMENT Net Weight 2.6 lb. (42 oz.) (1190 g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

*WITH OTHER NATURAL FLAVORS

