

**SOLGAR® GRASS-FED WHEY TO GO®  
PROTEIN POWDER**

**Why New Zealand Cows?**

New Zealand's natural environment with fertile soil, moderate temperatures, plentiful rainfall and abundant sunshine is ideal for growing grass.

From cows that live the way nature intended, grazing on lush pastures for at least 300 days each year. On average, 85% of the diet of dairy cows used to source our whey consists of grass, grass silage, hay and forage crops.

Verified quality animal care and grazing management.

**Community Support**

With the unique heritage of dairy farming in New Zealand, we source our grass-fed protein from a community of local dairy farms in NZ.

By partnering with local farmers, we are supporting sustainable livelihoods for farmers. ^

**20g of grass-fed protein from pasture-raised New Zealand cows**

**Non-GMO**

**Gluten Free**

**rBGH Free Whey\***

**No Soy Ingredients**

**No Routine Antibiotics Used on Dairy Cows\*\***

**Supports Strength and Recovery**

**New! Great-tasting formula**

**2g Sugar**

NEW! GREAT TASTING



NEW! GREAT TASTING

— GRASS FED —  
**whey**  
TO GO®



**20g PROTEIN**  
- per serving -

**Unflavored**

**Nutrition Facts**

13 servings per container	
<b>Serving Size</b>	<b>1 Level Scoop (29g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>120</b>
	<b>%Daily Value***</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.2mg	0%
Potassium 210mg	4%

\*\*\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:**

Whey Protein Concentrate, Sunflower Lecithin. Contains milk ingredients.

Produced on equipment that also processes peanuts, tree nuts, soybean, egg, wheat, sesame, shellfish, fish.

**Suggested Use:**

For adults, mix 29 grams (1 leveled scoop) in 8 ounces of water, milk, or your favorite juice and blend or shake vigorously. May also be blended with fresh fruit. Please note the additional calories and/or protein provided by milk or juice.

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

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

\*\*Antibiotics can only be used for treatment of known infections under veterinary advice.

^Fonterra pays its farmers monthly for milk collection based on an advanced rate determined by an independently approved methodology.

Typical Amino Acid Profile per Serving****	
Essential Amino Acids	
L-Histidine .....	379 mg
L-Isoleucine .....	1,378 mg
L-Leucine .....	2,236 mg
L-Lysine .....	1,817 mg
L-Methionine .....	499 mg
L-Phenylalanine .....	679 mg
L-Threonine .....	1,457 mg
L-Tryptophan (naturally occurring) .....	479 mg
L-Valine .....	1,258 mg
Non Essential Amino Acids	
L-Alanine .....	1,058 mg
L-Arginine .....	539 mg
L-Aspartic Acid .....	2,216 mg
L-Cysteine .....	559 mg
L-Glutamic Acid .....	3,613 mg
Glycine .....	399 mg
L-Proline .....	1,277 mg
L-Serine .....	1,058 mg
L-Tyrosine .....	699 mg
****approximate values	

Carefully Manufactured for:  
**Solgar, Inc., 500 Willow Tree Road  
Leonia, NJ 07605 U.S.A.**

For more information, call toll-free  
**1-877-SOLGAR 4, www.solgar.com**  
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**Prod 30093  
SOLGB100264 00A  
P40013040**

**14-30093X35**

— THE SOLGAR® GOLD STANDARD —

Solgar is the result of over 70 years of commitment to quality, health, and well-being. Our mission throughout the decades has remained the same: to create the finest nutritional supplements in small batches, made possible through tireless research, using only the finest raw materials.

**NON  
GMO**

**RBGH  
FREE  
WHEY\***

**GLUTEN  
FREE**

**SUITABLE FOR LACTO-VEGETARIANS**

**PROTEIN POWDER**

NET WEIGHT 13.2 OZ. (377 g)  
SERVINGS PER CONTAINER: ABOUT 13

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

