

**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

3g Sugar

NEW! GREAT TASTING



NEW! GREAT TASTING

— GRASS FED —

whey
TO GO®



20g PROTEIN
- per serving -

Chocolate Flavor
Naturally Flavored

— 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 2.3 lb. (36.8 OZ.) (1,044 g)
SERVINGS PER CONTAINER: ABOUT 36

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

Nutrition Facts	
36 servings per container	
Serving Size 1 Levelled Scoop (29g)	
Amount Per Serving	
Calories	110
%Daily Value***	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 130mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber less than 1g	2%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 20g	40%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.9mg	6%
Potassium 220mg	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 Isolate, Whey Protein Concentrate, Cocoa (Processed with Alkali), Natural Flavors, Cane Sugar, Sunflower Lecithin, Cellulose Gum, Steviol Glycosides, Medium Chain Triglycerides, Acacia Gum.
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	365 mg
L-Isoleucine	1,222 mg
L-Leucine	2,379 mg
L-Lysine	1,882 mg
L-Methionine	454 mg
L-Phenylalanine	687 mg
L-Threonine	1,161 mg
L-Tryptophan (naturally occurring)	445 mg
L-Valine	1,117 mg
Non Essential Amino Acids	
L-Alanine	1,030 mg
L-Arginine	561 mg
L-Aspartic Acid	2,220 mg
L-Cysteine	638 mg
L-Glutamic Acid	3,353 mg
Glycine	372 mg
L-Proline	1,009 mg
L-Serine	919 mg
L-Tyrosine	727 mg

****approximate values

Carefully Manufactured for:
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For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com
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Prod 3673
SOLGB100272 08H 14-10866X3S
P40013039

