

**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-FILTERED WHEY ISOLATE AND CONCENTRATE
- NON-CHEMICAL WHEY EXTRACTION PROCESS
- WITH FREE-FORM L-GLUTAMINE • FREE-FORM BRANCHED CHAIN AMINO ACIDS (BCAA's)
- GLUTEN FREE • MADE WITH NATURAL FLAVORS AND NO ARTIFICIAL SWEETENERS
- LOW IN FAT • EASY TO MIX

**Solgar® Whey To Go®**

Protein Powder is a highly efficient, advanced protein enhancement product. It is formulated with a blend of uniquely processed whey protein isolate and whey protein concentrate. Cross-flow micro-filtration adds to *Whey To Go®* Protein Powder's amino acid availability, absorption and utilization.

**Solgar® Whey To Go®**

Protein Powder also includes the two beneficial ingredients, Free-Form L-Glutamine and Free-Form Branched Chain Amino Acids (BCAA's), plus the naturally occurring amounts from whey. L-Glutamine plays a significant role in supporting protein metabolism.\* BCAA's are directly involved in protein synthesis and help support muscle nitrogen and a free amino acid pool during exercise.\* Both L-Glutamine and BCAA's are used by muscle tissue as a source of energy.\*

In addition, **Solgar® Whey To Go®** Protein Powder is gluten free and low in fat. Plus, its deliciously rich chocolate flavor blends easily and tastes great. The product can also be mixed in water or your preferred source of lactose-free food such as sauces, muffins, pancakes and other bake mixes. It is an excellent way to add high quality whey protein to your daily caloric intake.

\*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.



**WHEY PROTEIN POWDER**

**rBGH FREE\***  
**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	11 g 4%**
Total Sugars	9 g ***
Includes 8g Added Sugars	16%**
Protein	20 g 38%**
Calcium †	80 mg 6%
Iron †	0.5 mg 3%
Sodium †	80 mg 3%
Potassium †	200 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), Cocoa (processed with alkali), Whey Protein Concentrate††, Natural Flavors, Free-Form L-Glutamine, Free-Form BCAA's blend (L-Isoleucine, L-Leucine, L-Valine). Contains <1% of: Cellulose Gum, Medium Chain Triglycerides, Soy Lecithin, Sunflower Lecithin.

Contains milk and soy.

**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.

\*This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone. No significant difference has been shown between milk derived from rBGH treated cows and 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-setting will occur.

**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  
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Typical Amino Acid Profile per Serving****	
Essential Amino Acids	
L-Histidine.....	340 mg
L-Isoleucine.....	1454 mg
L-Leucine.....	2217 mg
L-Lysine.....	1813 mg
L-Methionine.....	429 mg
L-Phenylalanine.....	599 mg
L-Threonine.....	1403 mg
L-Tryptophan (naturally occurring).....	381 mg
L-Valine.....	1315 mg
Non Essential Amino Acids	
L-Alanine.....	989 mg
L-Arginine.....	435 mg
L-Aspartic Acid.....	2176 mg
L-Cysteine.....	414 mg
L-Glutamic Acid.....	4705 mg
Glycine.....	334 mg
L-Proline.....	1148 mg
L-Serine.....	891 mg
L-Tyrosine.....	553 mg

\*\*\*\*approximate values



Prod 3673  
SOLGB31416 06F 30-41615

DIETARY SUPPLEMENT Net Weight 42 oz. (1190 g)

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.  
^WITH OTHER NATURAL FLAVORS