

**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**

**1g Sugar**

NEW! GREAT TASTING



NEW! GREAT TASTING

— GRASS FED —

**whey**  
TO GO®



**20g PROTEIN**  
- per serving -

**Vanilla Flavor**  
Naturally Flavored

NON  
GMO

RBGH  
FREE  
WHEY\*

GLUTEN  
FREE

SUITABLE FOR LACTO-VEGETARIANS

**PROTEIN POWDER**

NET WEIGHT 2 lb. (33 OZ.) (936 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	
<b>Serving Size 1 Levelled Scoop (26g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>100</b>
<small>%Daily Value***</small>	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein 20g</b>	<b>40%</b>
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 80mg	2%
***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, Natural Flavors, Sunflower Lecithin, Cellulose Gum, Steviol Glycosides. Contains milk ingredients.

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

**Suggested Use:**

For adults, mix 26 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	363 mg
L-Isoleucine	1,210 mg
L-Leucine	2,416 mg
L-Lysine	1,917 mg
L-Methionine	451 mg
L-Phenylalanine	673 mg
L-Threonine	1,129 mg
L-Tryptophan (naturally occurring)	444 mg
L-Valine	1,088 mg

**Non Essential Amino Acids**

L-Alanine	1,025 mg
L-Arginine	533 mg
L-Aspartic Acid	2,209 mg
L-Cysteine	651 mg
L-Glutamic Acid	3,294 mg
Glycine	348 mg
L-Proline	973 mg
L-Serine	892 mg
L-Tyrosine	725 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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P40013037

14-10869X35

— 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.

