

SUGGESTED USE: Mix 1 rounded scoop with 4-6 oz. of cold water, milk, juice, or your favorite beverage. For a protein smoothie, blend with crushed ice, juice, and fruit to taste. May also be mixed in with foods, such as cereal, yogurt, and pancakes.

Jarrow Formulas® **Whey Protein** is a protein concentrate of whey from cows not treated with growth hormone (rBST), and is ultrafiltered to be low in fat and provide less than 1 g of lactose per serving.

Whey Protein is a source of **Branched Chain Amino Acids (BCAAs)** (Isoleucine, Leucine, and Valine). Each scoop of Jarrow Formulas® **Whey Protein** provides approximately 3.8 g of BCAAs, yielding—on a per gram basis—one of the best sources of BCAAs available.

Jarrow Formulas® **Whey Protein** supplies essential amino acids (> 8.5 g per serving), ranking it with egg as one of the highest quality protein sources available.

**KEEP OUT OF THE REACH OF CHILDREN.
STORE IN A COOL, DRY PLACE.**

Jarrow Formulas® WHEY PROTEIN ADVANTAGES

- No added hormones.
- No synthetic dyes, artificial flavors or sweeteners.
- Provides 3.8 g (3,800 mg) of **Branched Chain Amino Acids (BCAAs)** per serving.

Lot #: Best Used Before:

Typical Amino Acid Profile of Jarrow Formulas® Whey Protein	
Per 26 g Serving	
Essential Amino Acids	
Isoleucine (BCAA)	0.89 g
Leucine (BCAA)	1.87 g
Valine (BCAA)	1.01 g
Phenylalanine	0.54 g
Methionine	0.40 g
Lysine	1.64 g
Tryptophan	0.29 g
Threonine	1.20 g
Arginine (semi-essential)	0.48 g
Histidine	0.31 g
	Total ≥ 8.5 g
Non-Essential Amino Acids	
Alanine	0.87 g
Aspartic Acid	1.82 g
Cysteine	0.36 g
Glutamine + Glutamic Acid	3.08 g
Glycine	0.32 g
Proline	1.00 g
Serine	0.88 g
Tyrosine	0.50 g



chocolate
flavored

Whey Protein

FITNESS SUPPORT

Supports muscle function & recovery

Per serving:

- 18 g Protein
- 3.8 g BCAAs
- Glutamine



NET WT. 32 OZ (2 lb) 908 g

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



Nutrition Facts

About 35 servings per container
Serving size 1 rounded scoop (26g)

Amount per serving	100	% Daily Value*
Calories	100	
Total Fat 2g		3%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 50mg		2%
Total Carbohydrate 2g		<1%
Dietary Fiber <1g		2%
Total Sugars 1g		
Includes 0g Added Sugars		0%
Protein 18g		36%
Vit. D 0mcg 0%		Calcium 130mg 10%
Iron 0.7mg 4%		Potassium 150mg 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, cocoa powder, guar gum, sunflower and/or canola lecithin, natural flavors and monk fruit extract.

Contains: Milk.

Distributed by Jarrow Formulas, Inc.
Sherman Oaks, CA 91403, USA
1-866-459-4154 www.Jarrow.com

No artificial flavors or sweeteners.

This product is not a complete nutrient source. Packaged by weight, not by volume.

Do not use if safety seal is damaged or missing.

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