

MIXING DIRECTIONS: Mix 1 leveled scoop of Jarrow Formulas® Whey Protein with 4 to 8 oz. of cold water, soy milk, juice or your favorite beverage. For a protein smoothie, blend with crushed ice and add juice or fruit to taste. May also be used with cereals, yogurt or pancakes to increase the protein in the diet.

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, lactose and carbohydrates.

Whey Protein is a rich natural 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 is rich in 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.
- Nothing artificial: No artificial flavors, sweeteners or colors.
- Provides 3.8 g (3,800 mg) of **Branched Chain Amino Acids (BCAAs)** per serving.

Typical Amino Acid Profile of Jarrow Formulas® Whey Protein

Per 24 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

Jarrow
FORMULAS®

French Vanilla Flavored

WHEY PROTEIN

18 g Net Protein

3.8 g BCAAs Per Serving

Glutamine Rich

**rBST
FREE**

No Added Hormones

*No Artificial Sweeteners
No Artificial Flavors*

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

NET WT. 32 OZ (2 LB) 908 G



Nutrition Facts

About 38 servings per container

Serving size 1 leveled scoop (24g)

Amount per serving
Calories **90**

% Daily Values*

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 0mg 0%	Potas. 95mg 2%

* The % Daily Values (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: 100% Ultrafiltered Whey Protein, natural French vanilla flavor, guar gum, lecithin (from sunflower) and monk fruit extract.

Contains: Milk.

Distributed Exclusively by Jarrow Formulas®
Los Angeles, CA 90035-4317
1-866-459-4154 • www.Jarrow.com

Contains **NO** artificial flavors or artificial sweeteners.

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

01421WVAN

PROD # 121003



© 2021 Jarrow FORMULAS®

Lot #, Best Used Before: