

SUGGESTED USAGE: Mix 1/4 cup daily into 12 oz. of milk or other liquid. This powder can also be used in cooking recipes by mixing two tablespoons of powder with six tablespoons of water to equal two egg whites.

NOW® Sports Egg White Protein is an excellent source of high quality protein. Good quality proteins rate well on the PDCAAS (Protein Digestibility Corrected Amino Acid Score), the most accurate measurement of a protein's quality. NOW® Sports Egg White Protein rates as one of the highest quality proteins available when using the PDCAAS. A good mix of proteins from different sources provides the best results, and high quality NOW® Sports Egg White Protein is an excellent addition to any protein supplementation program.

This egg white powder is pasteurized which inactivates the avidin glycoprotein. Therefore, biotin fortification is not necessary for this product.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Natural color variation may occur in this product.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Code 2043CN v5



EGG WHITE PROTEIN WITH BCAAs

PROTEIN POWDER



NET WT. 5 LBS. (2268 G)
A Dietary Supplement



Supplement Facts

Serving Size 1/4 Cup (20 g)
Servings Per Container about 113

	Amount Per Serving	% Daily Value
Calories	70	
Total Carbohydrate	1 g	< 1%*
Protein	15 g	30%*
Sodium	230 mg	10%
Egg White Powder	18.75 g	†
Branched-Chain Amino Acids Powder (L-Leucine, L-Isoleucine, L-Valine)	1 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredient: Sunflower Lecithin.

Contains egg.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowsportsproducts.com

Made and quality tested in the USA with globally sourced ingredients.

Typical Amino Acid Profile (example) (per serving)**	
Essential Amino Acids	mg Per Serving
L-Histidine	343
L-Isoleucine***	1129
L-Leucine***	1834
L-Lysine	1034
L-Methionine	523
L-Phenylalanine	888
L-Threonine	691
L-Tryptophan	187
L-Valine***	1238
Non-Essential Amino Acids	
L-Alanine	878
L-Arginine	827
L-Aspartic Acid	1547
L-Cystine	394
L-Glutamic Acid	2019
Glycine	533
L-Proline	591
L-Serine	1049
L-Tyrosine	591

**subject to natural variability

***Branched-Chain Amino Acids
(from egg white powder and
branched-chain amino acids powder)

Not manufactured with wheat, gluten,
soy, milk, fish, shellfish, tree nut or
sesame ingredients. Produced in a
GMP facility that processes other
ingredients containing these allergens.

This bottle is made from 100% PCR
(post-consumer recycled) resin.