



Whey Protein Isolate

Natural Vanilla

No Artificial Ingredients

Mixes Instantly • Microfiltered
Branched Chain Amino Acids

SUGGESTED USAGE: Add 1/3 cup (32 g) daily to 8 oz. of cold water, milk, or your favorite juice, and blend.

NOW® Whey Protein Isolate is a high quality protein that is both bioavailable and easily digested. Whey protein has naturally occurring Branched Chain Amino Acids (BCAA's). NOW® Whey Protein Isolate is ideal for active individuals.

Whey protein is considered to have the highest Biological Value of any protein source – superior in essential amino acid content to beef, milk, casein or soy.

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

Contains Xylitol, do not feed to pets.

Made in the USA



CODE 2149C V1



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Net Wt. 10 lbs. (4.54 kg)

Nutrition Facts

Serving Size 1/3 cup (32 g)
Servings Per Container about 142

Amount Per Serving		Calories from Fat 5	
		% Daily Value*	
Total Fat 0.5 g		< 1%	
Saturated Fat 0 g		0%	
Trans Fat 0 g			
Cholesterol 5 mg		2%	
Sodium 50 mg		2%	
Potassium 160 mg		5%	
Total Carbohydrate 2 g		< 1%	
Dietary Fiber 1 g		4%	
Sugars 0 g			
Xylitol 1 g			
Protein 25 g		50%	
Vitamin A 0%		Vitamin C 0%	
Calcium 15%		Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Microfiltered Whey Protein Isolate (including β -lactoglobulin, α -lactalbumin, Immunoglobulins and Glycomacro Peptides), Xylitol, Natural Vanilla Flavors, Xanthan Gum, BetterStevia™ [Organic Stevia Extract (Leaf)] and Soy Lecithin.

Contains milk and soy.

Typical Amino Acid Profile (example) (per serving)**

Essential Amino Acids	mg Per 32 g Serving
L-Isoleucine	1642
L-Leucine	3003
L-Lysine	2845
L-Methionine	495
L-Phenylalanine	757
L-Threonine	2319
L-Tryptophan	554
L-Valine	1724
Non-Essential Amino Acids	
L-Alanine	1407
L-Arginine	522
L-Aspartic Acid	2980
L-Cysteine	613
L-Glutamic Acid	5663
Glycine	417
L-Histidine	384
L-Proline	1683
L-Serine	1443
L-Tyrosine	786

** subject to natural variability

Formulated & Distributed by
NOW FOODS

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For more product information
visit www.nowfoods.com/2149

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

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.