

SUGGESTED USAGE: Add 1 level scoop (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 2164C V4



Whey Protein Isolate

strawberry



No Artificial Ingredients

Mixes Instantly • Microfiltered
Branched Chain Amino Acids

Net Wt. 1.8 lbs. (816 g)



Nutrition Facts

Serving Size 1 Level Scoop (32 g)
Servings Per Container about 26

Amount Per Serving		% Daily Value*	
Calories 120		Calories from Fat 5	
Total Fat 0.5 g		< 1%	
Saturated Fat < 0.5 g		< 1%	
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	2,500
	Calories	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 Strawberry Flavor, Natural Vanilla Flavors, Xanthan Gum, Beet Powder, BetterStevia™ [Organic Stevia Extract (Leaf)], Soy Lecithin and Malic Acid.

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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www.nowsportsproducts.com

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

***Branched Chain Amino Acids

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.