

**SUGGESTED USAGE:** Add 1 level scoop (43 g) daily to 8 oz. of cold water, milk, or your favorite juice, and blend.

NOW® Whey Protein is a delicious blend of three of the highest quality whey protein concentrates and isolates from around the world: Microfiltered, Ultrafiltered and Enzymatically Hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and Biological Value (BV). In addition, extra L-Glutamine has been added (830 mg per serving) to this blend.

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.

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.

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

Contains Xylitol, do not feed to pets.

Formulated & Distributed by NOW FOODS  
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA  
www.nowproducts.com

Made in the USA

CODE 2173C V7



# PREMIUM Whey Protein Natural Vanilla

**No Artificial Ingredients**  
**Enhanced Formula with Higher Isolate Content**  
**Microfiltered • Ultrafiltered**  
**Branched Chain Amino Acids**  
**Added Glutamine**  
**Net Wt. 1.2 lbs. (544 g)**



## Nutrition Facts

Serving Size 1 Level Scoop (43 g)  
Servings Per Container about 13

### Amount Per Serving

Calories 160      Calories from Fat 10

### % Daily Value\*

Total Fat 1 g      2%  
Saturated Fat 0.5 g      3%  
Trans Fat 0 g

Cholesterol 60 mg      20%

Sodium 105 mg      4%

Potassium 190 mg      5%

Total Carbohydrate 5 g      2%

Dietary Fiber 2 g      8%

Sugars 1 g

Xylitol < 1 g

Protein 30 g      60%

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<br>Calories | 2,500<br>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

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

| Essential<br>Amino Acids | mg Per<br>43 g Serving |
|--------------------------|------------------------|
| L-Isoleucine***          | 1712                   |
| L-Leucine***             | 3120                   |
| L-Lysine                 | 2600                   |
| L-Methionine             | 734                    |
| L-Phenylalanine          | 885                    |
| L-Threonine              | 1914                   |
| L-Tryptophan             | 455                    |
| L-Valine***              | 1529                   |

### Non-Essential Amino Acids

|                 |      |
|-----------------|------|
| L-Alanine       | 1442 |
| L-Arginine      | 762  |
| L-Aspartic Acid | 2969 |
| L-Cysteine      | 629  |
| L-Glutamic Acid | 5400 |
| L-Glutamine     | 830  |
| Glycine         | 497  |
| L-Histidine     | 450  |
| L-Proline       | 1725 |
| L-Serine        | 1389 |
| L-Tyrosine      | 875  |

\*\* subject to natural variability

Ingredients: Whey Protein Blend [Microfiltered Whey Protein Isolate (including  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, immunoglobulins and glycomacropeptides), Ultrafiltered Whey Protein Concentrate (including  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, immunoglobulins and Serum Albumin) and Enzymatically Hydrolyzed Whey Protein Concentrate], Natural Vanilla Flavor, Free-Form L-Glutamine, Xanthan Gum, Xylitol and BetterStevia™ [Organic Stevia Extract (Leaf)]. Contains milk and soy.

\*\*\*Branched Chain Amino Acids