

Supplement Facts

Serving Size 2 Scoops (37g)
Servings Per Container 65

Amount Per Serving		
Calories	145	
Calories from fat	35	
		%DV*
Total Fat	4g	6%
Saturated Fat	3g	15%
Trans Fat	0g	
Cholesterol	35mg	12%
Sodium	200mg	8%
Potassium	380mg	11%
Total Carbohydrate	7g	2%
Dietary Fiber	3g	12%
Sugar	2g	
Protein	20g	40%
Vitamin A 1%	• Iron 7%	
Vitamin C 0%	• Phosphorus 11%	
Calcium 14%	• Magnesium 6%	

*Percent daily value (%DV) is based on a 2,000 calorie diet.

2g of the 3g Saturated Fat (13 of the 35 fat calories) are MCTs (Medium Chain Triglycerides). MCTs provide energy for digestion and cannot be converted to body fat.

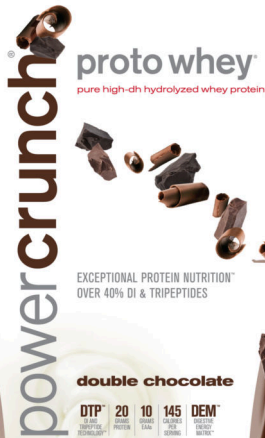
DIRECTIONS: Add 2 scoops (37g) Proto Whey® to 3/4 cup (6 oz) cold water and shake or stir.

Proto Whey® is designed for use as a primary source of protein and may be used at any time of the day. It may be consumed alone or with carbohydrate foods, depending on individual caloric needs.

INGREDIENTS: Proto Whey® (Micro Peptides™ from High-DH whey protein hydrolysate), maltodextrin, natural and artificial flavors, MCTs (medium chain triglycerides), SoftPsil® (micronized psyllium fiber), cocoa processed with alkali, fructose, lecithin, salt, sucralose.

Allergens: milk, soy (from lecithin).

This product is accurately packed by weight. Some settling may occur during shipping. To loosen the powder prior to use, simply shake or roll the jar.



PURE HIGH-DH HYDROLYZED WHEY PROTEIN

Hydrolysis is the natural intestinal process of breaking down whole proteins found in food and supplements into smaller proteins, called peptides (Micro Peptides™), and amino acids.*

DH is the Degree of Hydrolysis, which indicates the extent to which the protein has been broken down. Higher DH means more rapid and complete absorption.* In order to be absorbed, protein must be hydrolyzed down to amino acids or to the smallest peptides, called di and tripeptides.

Whole proteins, including whey isolates, concentrates, caseins, soy, and blends are large proteins and naturally contain little to no Micro Peptides™, and no di and tripeptides. **Proto Whey® is 100% Micro Peptides™, of which, up to 40% are di and tripeptides.***

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

powercrunch
Treat Your Body Smart™



PW-5L01-001



BNRG
be+energy

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TARGETED PROTEIN DELIVERY™

The di and tripeptides in Proto Whey® target the PEPT-1 transporter which transports over 8,400 different di and tripeptides. Whole protein digestion relies heavily on amino acid transporters which are far more specific and transport only a fraction of what PEPT-1 transporters do.*

The speed and efficiency of the PEPT-1 transport system allows for faster delivery of protein throughout the body and bypasses other systems that can limit the delivery of amino acids.*

Di and tripeptides carry metabolic information not present in amino acids. High-DH proteins deliver protein into the blood primarily as di and tripeptides whereas whole protein digestion often results in single amino acids.

MORE PROTO WHEY® ADVANTAGES

- ⊕ Requires less breakdown and digestive energy than whole proteins.
- ⊕ Contains 10 grams of essential amino acids per serving. EAAs cannot be synthesized by the body and must be supplied by the diet.
- ⊕ Employs DEM™ (digestive energy matrix), a unique combination of SoftPsil® micronized psyllium fiber and MCTs (medium chain triglycerides) to provide digestive energy and help maintain optimum intestinal health.
- ⊕ High-DH reduces allergenicity.*
- ⊕ Low glycemic response.*
- ⊕ Mixes easily - no blender required.
- ⊕ Industry-leading, rich and creamy taste profile.

FOR THE SCIENCE MINDED

For information on DTP™ High-DH Hydrolysates, PEPT-1 Transporters, Micro Peptides™ and even more technology behind all Power Crunch products, visit powercrunch.com.