SUGGESTED USAGE: Mix 1/4 cup Eggwhite Protein 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 Eggwhite Protein is an excellent natural source of high quality protein. Good quality proteins contain little fat or carbohydrates and rate well on the PDCAAS (Protein Digestibility Corrected Amino Acid Score), the most accurate measurement of a protein's quality. NOW® Sports Eggwhite 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 Eggwhite Protein is an excellent addition to any protein supplementation program.

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

CODE 2040B V4

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NOW® SPORTS

Eggwhite Protein

Pure Powder

High Protein

Net Wt. 1.2 lbs. (544 g)

QUALITY GMP ASSURED

Nutrition Facts

Serving Size 1/4 Cup (20 g)
Servings Per Container about 27

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 260 mg	11%
Potassium 225 mg	6%
Total Carbohydrate 2 g	< 1%
Dietary Fiber 0 g	0%
Sugars 1 g	
Protein 16 g	32%
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 0%

* 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

Ingredient: Eggwhite Powder.

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

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

Essential Amino Acids	mg Per 20 g Serving
L-Histidine	366
L-Isoleucine***	916
L-Leucine***	1367
L-Lysine	1103
L-Methionine	558
L-Phenylalanine	947
L-Threonine	737
L-Tryptophan	200
L-Valine***	1032
Non-Essential Amino Acids	
L-Alanine	936
L-Arginine	882
L-Aspartic Acid	1650
L-Cystine	420
L-Glutamic Acid	2153
Glycine	568
L-Proline	630
L-Serine	1118
L-Tyrosine	630

** subject to natural variability

Not manufactured with wheat, gluten, soy, milk, 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, dark place after opening.

Please Recycle.