

SUGGESTED USAGE: Mix 1 level scoop (30 g) daily into 8 oz. of cold water, milk, or your favorite beverage.

Eggwhite Protein from NOW is an excellent natural source of high quality protein. Good quality proteins rate well on the PDCAAS (Protein Digestibility Corrected Amino Acid Score), the most accurate measurement of a protein's quality. NOW® 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 Eggwhite Protein from NOW is an excellent addition to any protein supplementation program.

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

Contains Xylitol, do not feed to pets.

CODE 2044 V3



Eggwhite Protein

High Protein - Sugar Free
Mixes Easily, Tastes Great!

Rich Chocolate

Net Wt. 1.5 lbs. (680 g)



Nutrition Facts

Serving Size 1 Level Scoop (30 g)
Servings Per Container about 23

Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0.5 g	< 1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol < 5 mg	1%
Sodium 320 mg	13%
Potassium 330 mg	9%
Total Carbohydrate 4 g	1%
Dietary Fiber 0.5 g	2%
Sugars 0 g	
Xylitol 1.5 g	
Protein 20 g	40%

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

* 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: Eggwhite Powder (Instantized), Xylitol, Natural Flavors, Organic Cocoa Powder, Dutch Cocoa Powder, BetterStevia® [Organic Stevia Extract (Leaf)] and Soy Lecithin (< 1%).

Contains egg and soy.

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

Essential Amino Acids	mg Per 30 g Serving
L-Histidine	477
L-Isoleucine***	1113
L-Leucine***	1749
L-Lysine	1313
L-Methionine	774
L-Phenylalanine	1213
L-Threonine	933
L-Tryptophan	338
L-Valine***	1431
Non-Essential Amino Acids	
L-Alanine	1272
L-Arginine	1192
L-Aspartic Acid	2108
L-Glutamic Acid	2702
Glycine	715
L-Proline	795
L-Serine	1410
L-Tyrosine	815

** subject to natural variability

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

***Branched Chain Amino Acids

This Eggwhite Powder is pasteurized which inactivates the avidin glycoprotein. Therefore, biotin fortification is not necessary for this product.

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening. Please Recycle.