

PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING

WHEY HAS THE HIGHEST
BIOLOGICAL VALUE (BV) OF ALL NATURAL PROTEINS!

WHEY IS THE PROTEIN OF CHOICE BECAUSE OF ITS:

- efficient utilization in the body due to its high BV
- natural source of branched chain amino acids
- potent source of lactalbumin
- unique source of immunoglobulins

Solgar® Whey To Go® Protein Powder

- COMPLETE ESSENTIAL AMINO ACID PROFILE • SUPERIOR BIOLOGICAL PROTEIN VALUE
- HIGHLY EFFICIENT CROSS-FLOW MICRO-FILTERED WHEY ISOLATE AND CONCENTRATE AND HYDROLYZED WHEY CONCENTRATE
- LOW HEAT, NON-CHEMICAL WHEY EXTRACTION PROCESS
- WITH FREE-FORM L-GLUTAMINE
- FREE-FORM BRANCHED CHAIN AMINO ACIDS (BCAA's)
- FREE OF GLUTEN • NO ARTIFICIAL SWEETENERS OR FLAVORS
- LOW IN FAT • EASY TO MIX • 98% LACTOSE FREE

Solgar® Whey To Go®

Protein Powder is a highly efficient, scientifically advanced protein enhancement product. It is formulated with a blend of uniquely processed whey protein isolate and whey protein concentrates. Each process, cross-flow micro-filtration and hydrolyzation, adds to *Whey To Go*® Protein Powder's amino acid availability, absorption and protein utilization.

Solgar® Whey To Go®

Protein Powder also includes two beneficial ingredients, Free-Form L-Glutamine and Free-Form Branched Chain Amino Acids (BCAA's). L-Glutamine plays a significant role in supporting muscle mass. BCAA's help promote protein synthesis which assists in decreasing the breakdown of

muscle under stressful conditions. Both L-Glutamine and BCAA's are used by muscle tissue as a source of energy.*

In addition, **Solgar® Whey To Go® Protein Powder** is free of gluten and is low in fat. Plus, its deliciously rich chocolate flavor blends easily and tastes great in water or your preferred source of milk. It can even be added to sauces, yogurt, muffins, pancakes and other bake mixes. It is an excellent way to add extra high quality protein to your daily caloric intake.

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

Mixes
Easily



rBGH
Free



CROSS-FLOW MICRO-FILTERED AND HYDROLYZED
WHEY PROTEIN
POWDER

PROCESSED AT LOW TEMPERATURES
GLUTEN FREE
NO ARTIFICIAL SWEETENERS
SUITABLE FOR LACTO-VEGETARIANS

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.
DO NOT USE FOR WEIGHT REDUCTION.

NATURAL CHOCOLATE FLAVOR

DIETARY SUPPLEMENT

NET WEIGHT 16 oz. (454 g)

Supplement Facts

Serving Size 34 g (approx. 1 Level Scoop)
Servings Per Container 13

Amount Per Serving	%DV
Calories	130
Calories from Fat	5
Total Fat	1 g 2%**
Cholesterol	10 mg 3%**
Total Carbohydrate	10 g 3%**
Dietary Fiber	<1 g 3%**
Sugars	9 g ***
Protein	20 g 40%**
Calcium † (from whey)	100 mg 10%
Sodium † (from whey)	55 mg 2%

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
***Daily Value (DV) not established.

Ingredients:

Cross-Flow Micro-Filtered Whey Protein Isolate ††, Fruit Sugar (derived from beet), Cross-Flow Micro-Filtered Whey Protein Concentrate ††, Dutch Cocoa, Natural Flavors, Free-Form L-Glutamine, Free-Form BCAA's (Leucine, Valine, Isoleucine), Vegetable Gum, MCT (Medium Chain Triglycerides), Soy Lecithin (<1%), Hydrolyzed (partially predigested) Whey Protein Concentrate (supplying di, tri, oligo and polypeptides) ††. Contains milk (whey) and soy.

Typical Amino Acid Profile per Serving

Essential Amino Acids	Non Essential Amino Acids
L-Histidine.....346 mg	L-Alanine.....908 mg
L-Isoleucine.....1335 mg	L-Arginine.....413 mg
L-Leucine.....2026 mg	L-Aspartic Acid.....2017 mg
L-Lysine.....1505 mg	L-Cystine.....466 mg
L-Methionine.....386 mg	L-Glutamic Acid.....3226 mg
L-Phenylalanine.....550 mg	L-Glutamine.....1000 mg
L-Threonine.....1339 mg	Glycine.....315 mg
L-Tryptophan (naturally occurring).....329 mg	L-Proline.....1287 mg
L-Valine.....1203 mg	L-Serine.....912 mg
	L-Tyrosine.....559 mg

Suggested Use:

As a dietary supplement for adults, mix 34 grams (approx. 1 level scoop) in 8 ounces of water or your preferred source of milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favorite type of milk.

This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under lid is missing, torn or damaged in any way.

† Naturally occurring; therefore amount may vary.

†† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, protease peptides, and lactoferrin.

This product is packed by weight not by volume—settling will occur.

Whey To Go® is a registered trademark of Solgar, Inc.

Carefully Manufactured By:
Solgar, Inc.
500 Willow Tree Road
Leonia, N.J. 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4
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