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 • 20 GRAMS OF PROTEIN PER SERVING • 20 GRA

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 delicious 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

SOLGAR® Since 1947

rBGH Free

Whey to go®

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 41 oz. (1162 g)

Supplement Facts

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

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.

Suggested Use:

As a dietary supplement for adults, mix 34 grams (approx. 1 level scoop) in 8 ounces of water or your prefered 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
www.solgar.com

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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

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