

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 AND ARTIFICIAL FLAVORS
- FAT FREE • 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 fat free. Plus, its delicious vanilla flavor blends easily and tastes great in water, milk or your favorite juice. It can even be added to sauces, soups, cereals, 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 VANILLA FLAVOR

DIETARY SUPPLEMENT

NET WEIGHT 12 oz. (340 g)

Supplement Facts

Serving Size 25 g (approx. 1 Level Scoop)
Servings Per Container 14

Amount Per Serving	%DV
Calories	90
Cholesterol	5 mg 2%**
Total Carbohydrate	2 g <1%**
Sugars	<1 g ***
Protein	20 g 40%**
Calcium † (from whey)	100 mg 10%
Sodium † (from whey)	40 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 ††, Cross-Flow Micro-Filtered Whey Protein Concentrate ††, Natural Vanilla and Caramel Flavors, Free-Form L-Glutamine, Free-Form BCAA's (Leucine, Valine, Isoleucine), 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 25 grams (approx. 1 level scoop) in 8 ounces of water, milk, or your favorite juice and blend or shake vigorously. May also be blended with fresh fruit. Please note the additional calories and/or protein provided by milk or juice.

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

©2011 Solgar, Inc.

Typical Amino Acid Profile per Serving

Essential Amino Acids	Non Essential Amino Acids
L-Histidine.....350 mg	L-Alanine.....917 mg
L-Isoleucine.....1361 mg	L-Arginine.....392 mg
L-Leucine.....2060 mg	L-Aspartic Acid.....2041 mg
L-Lysine.....1530 mg	L-Cystine.....470 mg
L-Methionine.....388 mg	L-Glutamic Acid.....3255 mg
L-Phenylalanine.....543 mg	L-Glutamine.....1000 mg
L-Threonine.....1368 mg	Glycine.....302 mg
L-Tryptophan (naturally occurring).....332 mg	L-Proline.....1319 mg
L-Valine.....1212 mg	L-Serine.....917 mg
	L-Tyrosine.....558 mg



SOLGB31413 02B