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.

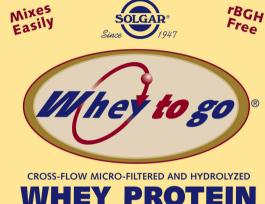
Solgar® Whey To Go®

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.



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 32 oz. (907 g)

Supplement Facts

Serving Size 25 g (approx. 1 Level Scoop) Servings Per Container 36

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 #1 Cross-Flow Micro-Filtered Whey Protein Concentrate tt. 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

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.

- t Naturally occurring: therefore amount may vary
- †† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeotide, immunoglobulin, bovine serum albumin, protease peptides, and lactoferrin

This product is packed by weight not by volume-settling

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

Carefully Manufactured By:

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500 Willow Tree Road Leonia, N.J. 07605 U.S.A.

For more information, call toll-free 1-877-SQLGAR 4 www.solgar.com

Typical Amino Acid Profile per Serving **Essential Amino Acids** Non Essential Amino Acids ...350 ma .917 m ..392 mg .1361 mg -Aspartic Acid2041 mg .2060 ma ...470 mc 1530 mg -Glutamic Acid3255 mg ..1000 mg ..302 mg .1368 mg ..1319 mg L-Tryptophan (naturally occurring)... ...332 ma ..917 mc .1212 mg ..558 mg