



Whey Protein

Natural Vanilla

No Artificial Ingredients

**Ultrafiltered • Microfiltered
Branched Chain Amino Acids
Added Glutamine**

SUGGESTED USAGE: Add 1/3 cup daily to 8 oz. of cold water, milk, or your favorite juice, and blend.

NOW® Whey Protein is a delicious blend of three of the highest quality whey protein concentrates and isolates from around the world: Ultrafiltered, Microfiltered and Enzymatically Hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and Biological Value (BV). In addition, extra L-Glutamine has been added (460 mg per serving) to this blend.

Whey protein is considered to have the highest Biological Value of any protein source – superior in essential amino acid content to beef, milk, casein or soy.

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

Contains Xylitol, do not feed to pets.

EUA # 3007664609
CODE 2195C V2



Net Wt. 10 lbs. (4.54 kg)

Nutrition Facts

Serving Size 1/3 cup (approx. 43 g)
Servings Per Container about 106

Amount Per Serving	
Calories 170	Calories from Fat 15
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 55 mg	18%
Sodium 135 mg	6%
Potassium 190 mg	5%
Total Carbohydrate 7 g	2%
Dietary Fiber 2 g	8%
Sugars 2 g	
Xylitol 2 g	
Protein 26 g	52%

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 2%
* 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: Whey Protein Blend [Ultrafiltered Whey Protein Concentrate (including β-lactoglobulin, α-lactalbumin, immunoglobulins and Serum Albumin), Microfiltered Whey Protein Isolate (including β-lactoglobulin, α-lactalbumin, immunoglobulins and Glycomacro Peptides) and Enzymatically Hydrolyzed Whey Protein Concentrate], Natural Vanilla Flavor, Xylitol, Xanthan Gum, Free-Form L-Glutamine and BetterStevia™ [Organic Stevia Extract (Leaf)].

Contains milk and soy.

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

Essential Amino Acids	mg Per 43 g Serving
L-Histidine	467
L-Isoleucine	1668
L-Leucine	2730
L-Lysine	2364
L-Methionine	555
L-Phenylalanine	831
L-Threonine	2042
L-Tryptophan	471
L-Valine	1533
Non-Essential Amino Acids	
L-Alanine	1370
L-Arginine	677
L-Aspartic Acid	3171
L-Cysteine	504
L-Glutamic Acid	4884
L-Glutamine	460
Glycine	513
L-Proline	1671
L-Serine	1449
L-Tyrosine	563

** subject to natural variability

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

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.