

SUGGESTED USAGE: Add 1 level scoop daily to 8 oz. of cold water or milk, and blend.

NOW® Whey Protein Hydrolysate is a high quality protein that is enzymatically hydrolyzed (partially predigested) into smaller peptides for increased bioavailability and absorption compared to other whole proteins. In addition, this protein hydrolysate powder is instantized for easy mixability and dispersion. NOW® Whey Protein Hydrolysate also has naturally occurring Branched Chain Amino Acids (BCAA's), and is ideal for active individuals.

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.

Natural color variation may occur in this product.

EUA # 3007664609
CODE 2189 V2



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now
SPORTS

Whey Protein Hydrolysate

Creamy Chocolate

No Artificial Ingredients

Mixes Instantly • Hydrolyzed
With Branched Chain Amino Acids

Net Wt. 2 lbs. (907 g)



Nutrition Facts

Serving Size 1 Level Scoop (approx. 42 g)
Servings Per Container about 22

Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 70 mg	23%
Sodium 330 mg	14%
Potassium 490 mg	14%
Total Carbohydrate 6 g	2%
Dietary Fiber 1 g	4%
Sugars 2 g	
Protein 25 g	50%

Vitamin A 0% * Vitamin C 0%
Calcium 20% * Iron 6%

* 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 Hydrolysate, Natural Flavors, Cocoa, Soy Lecithin, Sea Salt, Xanthan Gum, BetterStevia® (Organic Stevia Extract) and Purified Stevia Extract.

Contains milk and soy.

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

Essential Amino Acids	mg Per 42 g Serving
L-Histidine	375
L-Isoleucine***	1200
L-Leucine***	2250
L-Lysine	1800
L-Methionine	425
L-Phenylalanine	650
L-Threonine	1250
L-Tryptophan	325
L-Valine***	1125

Non-Essential Amino Acids

L-Alanine	900
L-Arginine	625
L-Aspartic Acid	2150
L-Cysteine	425
L-Glutamic Acid	3350
Glycine	375
L-Proline	1425
L-Serine	1200
L-Tyrosine	575

** 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.

***Branched Chain Amino Acids

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Please Recycle.