



Whey Protein

Dutch Chocolate

No Artificial Ingredients

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

SUGGESTED USAGE: Add 1/3 cup daily to 8 oz. of cold water or milk, 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 (420 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.

Natural color variation may occur in this product.

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

Contains Xylitol, do not feed to pets.

Nutrition Facts

Serving Size 1/3 cup (approx. 42 g)
Servings Per Container about 108

Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 60 mg	20%
Sodium 70 mg	3%
Potassium 300 mg	9%
Total Carbohydrate 8 g	3%
Dietary Fiber 1 g	4%
Sugars 2 g	
Xylitol 4 g	
Protein 24 g	48%
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 8%

* 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

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

Essential Amino Acids	mg Per 42 g Serving
L-Histidine	525
L-Isoleucine	1458
L-Leucine	2873
L-Lysine	2226
L-Methionine	558
L-Phenylalanine	849
L-Threonine	1790
L-Tryptophan	458
L-Valine	1382
Non-Essential Amino Acids	
L-Alanine	1895
L-Arginine	663
L-Aspartic Acid	2777
L-Cysteine	458
L-Glutamic Acid	4326
L-Glutamine	420
Glycine	492
L-Proline	1353
L-Serine	1491
L-Tyrosine	861

** 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 allergens containing these allergens.

This product is sold by weight not volume.

Store in a cool, dry place after opening.

Please Recycle.

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], Xylitol, Cocoa, Natural Flavors, BetterStevia™ [Organic Stevia Extract (Leaf)], Free-Form L-Glutamine, Soy Lecithin and Xanthan Gum.
Contains milk and soy.

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Net Wt. 10 lbs. (4.54 kg)