

**WHEY IS AN EXCELLENT SOURCE OF PROTEIN
BECAUSE OF ITS HIGH BIOLOGICAL VALUE (BV)!**

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
- natural source of lactalbumin and immunoglobulins

Solgar® Whey To Go® Protein Powder

- COMPLETE ESSENTIAL AMINO ACID PROFILE • HIGH BIOLOGICAL PROTEIN VALUE
- HIGHLY EFFICIENT CROSS-FLOW MICRO-FILTERED WHEY ISOLATE AND CONCENTRATE
- LOW HEAT, NON-CHEMICAL EXTRACTION PROCESS
- WITH FREE-FORM L-GLUTAMINE • FREE-FORM BRANCHED CHAIN AMINO ACIDS (BCAAs)
- FREE OF GLUTEN • NO ARTIFICIAL SWEETENERS OR FLAVORS
- LOW IN FAT • EASY TO MIX • 98% LACTOSE FREE

Solgar® Whey To Go®

Protein Powder is a highly efficient, advanced protein enhancement product. It is formulated with a blend of uniquely processed whey protein isolate and whey protein concentrate. Cross-flow micro-filtration adds to *Whey To Go®* Protein Powder's amino acid availability, absorption and utilization.

Solgar® Whey To Go®

Protein Powder also includes the two beneficial ingredients, Free-Form L-Glutamine and Free-Form Branched Chain Amino Acids (BCAAs). L-Glutamine plays a significant role in supporting protein metabolism.* BCAAs are directly involved in protein synthesis and help support muscle

nitrogen and a free amino acid pool during exercise.* Both L-Glutamine and BCAAs are used by muscle tissue as a source of energy.*

In addition, **Solgar® Whey To Go® Protein Powder** is free of gluten and is low in fat. Plus, its deliciously rich chocolate flavor blends easily and tastes great in water or your preferred source of milk. It can even be added to sauces, yogurt, 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 WHEY PROTEIN POWDER

**LOW HEAT, NON-CHEMICAL EXTRACTION PROCESS
GLUTEN FREE
NO ARTIFICIAL SWEETENERS
SUITABLE FOR LACTO-VEGETARIANS**

**NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.
DO NOT USE FOR WEIGHT REDUCTION.**

CHOCOLATE NATURALLY FLAVORED

DIETARY SUPPLEMENT

NET WEIGHT 16 oz. (453.5 g)

Supplement Facts

Serving Size: 34 g (approx. 1 Level Scoop)
Servings Per Container: 13

Amount Per Serving	%DV
Calories	130
Calories from Fat	10
Total Fat	1 g 2%**
Saturated Fat	0.5 g 3%**
Cholesterol	15 mg 5%**
Total Carbohydrate	10 g 3%**
Dietary Fiber	<1 g 3%**
Sugars	9 g ***
Protein	20 g 40%**
Calcium †	72 mg 7%
Iron †	0.3 mg 2%
Phosphorus †	50 mg 5%
Magnesium †	20 mg 5%
Sodium †	65 mg 3%
Potassium †	150 mg 4%

**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 ††, Fruit Sugar (derived from beet), Cross-Flow Micro-Filtered Whey Protein Concentrate ††, Dutch Cocoa (processed with alkali), Natural Flavors, Free-Form L-Glutamine, Free-Form BCAAs (L-Leucine, L-Valine, L-Isoleucine). Contains <1% of: Cellulose Gum, Medium Chain Triglycerides, Soy Lecithin.

Contains milk and soy.

Suggested Use:

As a dietary supplement for adults, mix 34 grams (approx. 1 level scoop) in 8 ounces of water or your preferred source of milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favorite type of milk.

This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under lid is missing or damaged.

† Naturally occurring; therefore amount may vary.

†† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, 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 for:
Solgar, Inc.
500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4
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Typical Amino Acid Profile per Serving****

Essential Amino Acids

L-Histidine	344 mg
L-Isoleucine	1332 mg
L-Leucine	2021 mg
L-Lysine	1501 mg
L-Methionine	385 mg
L-Phenylalanine	549 mg
L-Threonine	1336 mg
L-Tryptophan (naturally occurring)	328 mg
L-Valine	1202 mg

Non Essential Amino Acids

L-Alanine	906 mg
L-Arginine	412 mg
L-Aspartic Acid	2012 mg
L-Cysteine	464 mg
L-Glutamic Acid	3219 mg
L-Glutamine	1216 mg
Glycine	313 mg
L-Proline	1284 mg
L-Serine	909 mg
L-Tyrosine	558 mg

****approximate values



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