

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 immunoglobulin

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 AND 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 strawberry 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.

*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.

NATURAL STRAWBERRY FLAVOR

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	5
Total Fat	0.5 g 1%**
Saturated Fat	<0.5 g 2%**
Cholesterol	15 mg 5%**
Total Carbohydrate	10 g 3%**
Sugars	9 g ***
Protein	20 g 40%**
Calcium †	76 mg 8%
Phosphorus †	41 mg 4%
Magnesium †	13 mg 3%
Sodium †	70 mg 3%
Potassium †	85 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††, Fruit Sugar (derived from beet), Cross-Flow Micro-Filtered Whey Protein Concentrate††, Free-Form L-Glutamine, Natural Strawberry Flavor, Free-Form BCAAs (Leucine, Valine, Isoleucine). Contains <1% of: Cellulose Gum, Medium Chain Triglycerides, Red Beet (color), 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.
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Leonia, NJ 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com

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Typical Amino Acid Profile per Serving****

Essential Amino Acids

L-Histidine.....	353 mg
L-Isoleucine.....	1368 mg
L-Leucine.....	2080 mg
L-Lysine.....	1557 mg
L-Methionine.....	398 mg
L-Phenylalanine.....	555 mg
L-Threonine.....	1373 mg
L-Tryptophan (naturally occurring).....	338 mg
L-Valine.....	1225 mg

Non Essential Amino Acids

L-Alanine.....	928 mg
L-Arginine.....	405 mg
L-Aspartic Acid.....	2054 mg
L-Cysteine.....	478 mg
L-Glutamic Acid.....	3286 mg
L-Glutamine.....	1216 mg
Glycine.....	311 mg
L-Proline.....	1313 mg
L-Serine.....	928 mg
L-Tyrosine.....	569 mg

****approximate values



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