

SWANSON®

BEST WEIGHT-CONTROL FORMULAS

Advanced Weight-Loss Nutrition

Opti-Whey

with **PGX®**
Dietary Supplement

Natural High-Protein Nutrition

Net Wt 885 grams (1.95 lb) (31.2 oz)



Supplement Facts

Serving Size 1 Scoop (29.5 grams)
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	100	
Total Carbohydrate	3.5 grams	1%†
Dietary Fiber	2.5 grams	10%†
Sugars	<1 gram	
Protein	22 grams	
Calcium	1,030 mg	100%
Iron	0.14 mg	<1%
Phosphorus	280 mg	30%
Magnesium	60 mg	15%
Sodium	240 mg	10%
Potassium	110 mg	3%

Prolibra® 290 [partially hydrolyzed whey protein isolate (from milk), whey mineral complex (from milk), soy lecithin]

27 grams

*

PGX® 100 Water-Soluble Polysaccharides
[Konjac-mannan (root), sodium alginate, xanthan gum]

2.5 grams

*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Minerals are naturally occurring in Prolibra®

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TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

Prolibra® 290 is a registered trademark of Glanbia Nutritionals, Inc.

PGX® is a registered trademark of InovoBiologic, Inc. Patent pending.

Prolibra **PGX**

SUGGESTED USE: As a dietary supplement, add one scoop (29.5 grams) of Opti-Whey to a 6–8 ounce glass of your favorite beverage, half-filled with ice. Mix in a blender with fruit for a delicious smoothie. Alternatively, mix one scoop with a cold beverage in a 6–8 ounce glass. Drink two times per day.

WARNING: Very low-calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children or pregnant or nursing women.

Opti-Whey from Swanson® Best Weight-Control Formulas features Prolibra®, a unique whey protein isolate combined with an active whey mineral complex. PGX®, a proprietary polysaccharide complex, enhances the formula to help you achieve optimum results.

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE. • KEEP OUT OF REACH OF CHILDREN.

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