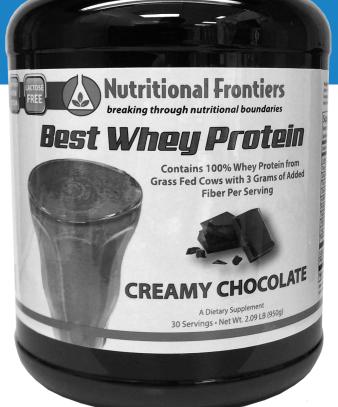
# **BEST WHEY PROTEIN**



- LACTOSE FREE
- SMOOTH DELICIOUS FLAVOR



• 600 GRAMS OF PROTEIN FROM GRASS FED COWS

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# **BEST WHEY PROTEIN**

AVAILABLE IN 30 POWDER SERVING BOTTLES AND SINGLE SERVE PACKETS

**Best Whey Protein** is a naturally complete protein that provides essential and non-essential amino acids to support healing, muscle building, muscle and tissue recovery, energy and a healthy immune system. It is a great source of branched chain amino acids for muscle support, a precursor for glutathione production, as well as alphalactalbumin and immunoglobulins for immune system support. **Best Whey Protein** is beneficial to those with active lifestyles,

athletes, body builders, people who exercise and those following a low-calorie or restricted diet. Adding **Best Whey Protein** to a mid- day snack or beverage provides healthy energy and may help control food intake at the next meal.

#### Best Whey Protein is

- Micro-filtrated
- Rich in branched chain amino acids
- Available in a Vanilla and Chocolate Flavors
- Great tasting and easily mixed, making it the
- perfect base for any health shake or smoothie • Combined with 3 g of Fibersol-2<sup>™</sup> brand fiber to support regularity

#### About the Ingredients:

#### Athletes, Body Builders and Active Lifestyles

benefit from Branched Chain Amino Acids by aiding in muscle metabolism and providing energy directly to muscle tissue\* The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced in one hour or less following exercise or participation in a competitive event.

#### Low Calorie or Restricted Diet

One serving of **Best Whey Protein** provides 21 grams, or 80%, of high quality protein. It's a delicious, low calorie, low fat, low carbohydrate drink mix supplement that is sugar free! **Best Whey Protein** is a great addition to any weight management program, not as a meal replacement, but as a source of energy and to curb appetite. Many find their appetite at mealtime is reduced when they use whey as a mid-morning or midafternoon snack.

#### Immune System Support

**Best Whey Protein** naturally contains precursors for glutathione production. Glutathione helps defend the body against free radicals that can challenge or weaken the immune system. Natural protein fractions such as alpha-lactalbumin and immunoglobulins help strengthen the immune system.

# VANILLA SUPPLEMENT FACTS

Serving Size: 1 Scoop (31.6g) Servings per Container: 30 Amount Per Serving Calories 125 Calories From Fat 14 Total Fat 1.5g Saturated Fat 1 g Trans Fat 0g Cholesterol 60 mg Sodium 75 mg Potassium 140 mg Total Carbohydrates 6 g 3 g Fiber Sugar 2 g Added Sugars 2 g 20 g Protein Calcium 125 mg Phosphorus 50 mg

**Other Ingredients:** non GMO Whey Protein Concentrate, Fibersol®-2, Natural Flavors, Stevia, and Xanthan Gum

**Suggested Use:** As a dietary supplement, mix one scoop (31.6g) daily in 6-8 ounces of water, milk, milk substitute or your favorite beverage, or use as directed by your healthcare practitioner. For best results, serve cold and use a shaker bottle or blender.

**Warning:** If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

### CHOCOLATE SUPPLEMENT FACTS

Serving Size: 1 Scoop (32g) Servings per Container: 30 Amount Per Serving Calories 125 Calories From Fat 14 Total Fat 1.5g Saturated Fat 1 g Trans Fat 0g 60 mg Cholesterol Sodium 75 mg Potassium 210 mg Total Carbohydrates 6 q 3 g Fiber 2 g Sugar Added Sugars 2 g Protein 20 g 125 mg Calcium Phosphorus 50 mg

**Other Ingredients:** non GMO Whey Protein Concentrate, Fibersol®-2, Cocoa Powder, Natural Flavors, Xanthan Gum, and Stevia

Suggested Use: As a dietary supplement, mix one scoop (32g) daily in 6-8 ounces of water, milk, milk substitute or your favorite beverage, or use as directed by your healthcare practitioner. For best results, serve cold and use a shaker bottle or blender.

**Warning:** If you are pregnant or nursing, consult your healthcare practitioner before taking this product.

AMINO ACID PROFILE		
	Arginine	670 mg 1250 mg
	Aspartic Acid	1754 mg
	Cystine	140 mg
	Glutamic Acid	2576 mg
	Glycine	606 mg
	Histidine	402 mg
	Isoleucine	746 mg
	Leucine	1334 mg
	Lysine	1148 mg
	Methionine	138 mg
	Phenylalanine Proline	842 mg
	Serine	718 mg 714 mg
	Tyrosine	530 mg
	Tryptophan	122 mg
	Threonine	566 mg
	Valine	818 mg
Typical protein composition of Whey Protein concentrate per serving. ***		
	a-Lactalbumin	3.43 g
	B-Lactoglobulin	7.84 g
	Glycomacropeptide Immunoglobulin G	1.078 g 0.882 g
	Bovine Serum Albumin	0.9555 g
	Proteose Peptone 5	0.245 g
	Lactoferrin	35.46 mg
***Typical amino acid and protein values are an average repr		
	takon across the manufacturing proces	

\*\*\*Typical amino acid and protein values are an average representation of samples taken across the manufacturing process.



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