

Whey Protein Isolate

Product # 6420

16 Ounces

Nutrition Facts

Serving Size: 2 level scoops (approx. 22 g)

Servings Per Container: 20

Amount Per Serving

Calories 90 Calories from Fat: 0

	% Daily Value*
Total Fat 0g	0%
Sodium 35mg	1%
Potassium 105mg	3%
Total Carbohydrate 1g	<1%
Protein 20g	40%

Calcium 10% • Phosphorus 6% • Magnesium 4%

Not a significant source of calories from fat, cholesterol, dietary fiber, sugar, vitamin A, vitamin C and iron.

* Percent Daily Values based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey protein isolate with natural sunflower lecithin (low temperature micro-filtered).

Contains ingredients derived from milk

This product is gluten free.

Each serving provides the following (stated amounts are typical and representative):

Beta-Lactoglobulin	14,252 mg
Glycomacropeptide	962 mg
Bovine Serum Albumin	206 mg
Alpha-Lactalbumin	3,362 mg
Immunoglobulin (IgG)	861 mg
Lactoferrin	42 mg

Typical Amino Acid Profile Per Serving:

Alanine	990 mg	Lysine	1,877 mg
Arginine	381 mg	Methionine	400 mg
Aspartic acid	2,176 mg	Phenylalanine	623 mg
Cystine	453 mg	Proline	1,287 mg
Glutamic acid	3,476 mg	Serine	895 mg
Glycine	326 mg	Threonine	1,412 mg
Histidine	339 mg	Tryptophan	328 mg
Isoleucine†	1,357 mg	Tyrosine	630 mg
Leucine†	2,077 mg	Valine†	1,203 mg

† Branch chain amino acids

DIRECTIONS: Two (2) level scoops of **Whey Protein Isolate** mixed with eight (8) ounces of cool water (or the beverage of your choice). Add product to the liquid for ease of mixing.

Caution: Not recommended for those allergic to dairy.

KEEP OUT OF REACH OF CHILDREN

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

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