

# Nutrition Facts

Servings Per Container: 20

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

Amount Per Serving

**Calories**

**90**

% Daily Value\*

**Total Fat** 0g **0%**

**Sodium** 35mg **2%**

**Total Carbohydrate** 1g **<1%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 20g **40%**

Calcium 90mg **8%**

Potassium 105mg **2%**

Phosphorus 40mg **4%**

Magnesium 16mg **4%**

Not a significant source of trans fat, cholesterol, dietary fiber, vitamin D and iron.

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

**Contains ingredients derived from milk.**

**This product is gluten free.**

Product # 6420 Rev. 04/21

**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.

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

|                         |           |
|-------------------------|-----------|
| Beta-Lactoglobulin      | 14,252 mg |
| Glycomacropeptide (GMP) | 962 mg    |
| Bovine Serum Albumin    | 206 mg    |
| Alpha-Lactalbumin       | 3,362 mg  |
| Immunoglobulin (IgG)    | 861 mg    |
| Lactoferrin (LF)        | 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 <sup>†</sup> | 1,357 mg | Tyrosine            | 630 mg   |
| Leucine <sup>†</sup>    | 2,077 mg | Valine <sup>†</sup> | 1,203 mg |

<sup>†</sup> Branch chain amino acids