Variety Flavors Whey Protein



MIXING DIRECTIONS: Mix one packet of Jarrow Formulas® Whey Protein with 4 to 6 oz. of cold water, soy milk. juice or your favorite beverage. For a protein smoothie, blend with crushed ice and add juice or fruit to taste. May also be used with cereals, yogurt or pancakes to increase the protein in the diet.

Jarrow Formulas® Whey Protein is a protein concentrate of whey, from cows not treated with growth hormone (rBST), and is ultrafiltered to be low in fat, lactose and carbohydrates.

Whey Protein is a rich natural source of Branched Chain Amino Acids (BCAAs) (Isoleucine, Leucine and Valine). Each packet (≥ 23 grams) of Jarrow Formulas® Whey Protein provides approximately 4 g of BCAAs yielding - on a per gram basis - one of the best sources of BCAAs available.

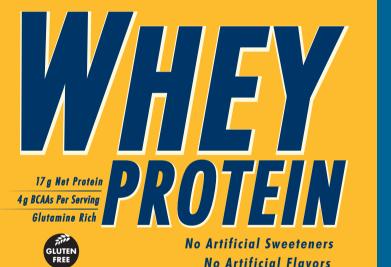
Whey Protein is rich in essential amino acids, ranking it with egg as one of the highest quality protein sources available.

Keep out of the reach of children. Store in a cool, dry place.



12 PACKETS





Chocolate 27 grams per packet

Unflavored 23 grams per packet

French Vanilla 26 grams per packet

3 FLAVORS VARIETY PACK

Ultrafiltered Whey Protein Powder

Jarrow Formulas® Whey Protein Advantages

- ✓ No Added Hormones.
- ✓ Nothing artificial: No artificial flavors, sweeteners or colors.
- ✓ Provides 4 g (4,000 mg) of Branched Chain Amino Acids (BCAAs) per serving.

Distributed Exclusively by: Jarrow FORMULAS®

Superior Nutrition and FormulationSM P.O. Box 35994 Los Angeles, CA 90035-4317

www.Jarrow.com

PROD # 121040

07314WHEYBX



Per 23 a Servina

eucine (BCAA) 1.09 g
ıcine (BCAA) 1.82 g
ne (BCAA) 1.02 g
enylalanine 0.61 g
thionine 0.44 g
ine 1.51 g
otophan 0.42 g
eonine 1.23 g
inine (semi-essential) 0.42 g
tidine 0.33 g

Non-Essential Amino Acids

Alanine

iailiileg	
spartic Acid 2.37 g	
Systeine 0.51 g	
Slutamine + Glutamic Acid 3.24 g	
alycine 0.33 g	
roline 1.05 g	
erine 0.88 g	
yrosine 0.54 g	

Typical Amino Acid Profile

ential Amino Acids	
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eine 0.51 g	
mine + Glutamic Acid 3.24 g	
ne 0.33 g	
ne 1.05 g	
e 0.88 g	
ine 0.54 g	

Whey Protein is not a complete nutrient source and should not be used exclusively for weight loss. This product contains no added L-Tryptophan. Packaged by weight.

Contains: Milk and soy.

Nutrition Facts

50 mg 17%

17 g 34%

be higher or lower depending on your calorie needs

**Not a significant source of vitamin C.

10%

Percent Daily Values based on a 2.000 calorie diet. Your Daily Values may

Less than

Less than

Less than

Ingredients: 100% Ultrafiltered Whey Protein from milk, fructose, natura cocoa powder, natural semi-sweet chocolate flavor, lecithin (from soy), quar

gum, Fibersol®-2 (resistant maltodextrin), natural vanilla flavor and Lo Han

Ingredients: 100% Ultrafiltered Whey Protein from milk and lecithin (from soy).

Ingredients: 100% Ultrafiltered Whey Protein from milk, fructose, natural French vanilla flavor, lecithin (from soy), guar gum, Fibersol®-2 (resistant

Serving Size 1 Packet

Amount Per Serving

Calories from Fat

Saturated Fat

Total Carbohydrate

Dietary Fiber

Sugars

Trans Fat Cholesterol

Total Fat

Sodium

Protein

Vitamin A

Vitamin C

Total Fat

Cholesterol

Saturated Fat

Total Carbohydrate

Calories Per Gram:

Unflavored Protein

Dietary Fiber

Potassium

Servings Per Container 12

French Vanilla

% DV*

50 mg 17%

126 ma 4%

17 a 34%

2.500

300 mg

375 g

30 g

2,400 mg

(23 g)

% DV*

50 mg 17%

133 ma 4%

18 g 36%

0 g

3%

5%

2%

< 1%

0%

10%

2.000

65 a

20 a

25 g

300 mg

2,400 mg

Fat 9 Carbohydrate 4

No wheat, no gluten, no egg, no fish/shellfish, no peanuts/tree nuts.

Contains NO artificial flavors or artificial sweeteners

maltodextrin) and Lo Han Guo (Momordica grosvenorii)

Lot #. Best Used Before: