

Unflavored Whey Protein

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 (Approx. 23 g) 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.

Jarrow Formulas® Whey Protein is rich in essential amino acids, (≥ 8.5 g per serving) ranking it with egg as one of the highest quality protein sources available.

**Jarrow
FORMULAS®**



12 PACKETS

WHEY PROTEIN

18 g Net Protein
4g BCAAs Per Serving
Glutamine Rich



No Artificial Sweeteners
No Artificial Flavors

Unflavored Protein
23 grams per packet

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

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Typical Amino Acid Profile Per 23 g Serving

Essential Amino Acids	
Isoleucine (BCAA)	1.09 g
Leucine (BCAA)	1.82 g
Valine (BCAA)	1.02 g
Phenylalanine	0.61 g
Methionine	0.44 g
Lysine	1.51 g
Tryptophan	0.42 g
Threonine	1.23 g
Arginine (semi-essential)	0.42 g
Histidine	0.33 g

Non-Essential Amino Acids	
Alanine	0.88 g
Aspartic Acid	2.37 g
Cysteine	0.51 g
Glutamine + Glutamic Acid	3.24 g
Glycine	0.33 g
Proline	1.05 g
Serine	0.88 g
Tyrosine	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, not by volume.

Nutrition Facts

Serving Size 1 Packet (23 g)
Servings Per Container 12

Amount Per Serving		Calories from Fat 20	
		% Daily Value*	
Total Fat 2 g			3%
Saturated Fat 1 g			5%
Trans Fat 0 g			
Cholesterol 50 mg			17%
Sodium 40 mg			2%
Potassium 130 mg			4%
Total Carbohydrate 2 g			< 1%
Dietary Fiber 0 g			0%
Sugars 1 g			
Protein 18 g			36%
Vitamin A 2%		Calcium	10%
Iron 2%			

Not a significant source of Vitamin C.

* 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	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Calories Per Gram:	Fat 9	Carbohydrate 4	Protein 4

Ingredients: 100% Ultra-filtered Whey Protein from milk and lecithin (from soy).

Contains: Milk and soy.

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

Contains **NO** artificial flavors or artificial sweeteners.