

Variety Flavors 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 (≥ 23 grams) of **Jarrow Formulas®** Whey Protein provides approximately 4g 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.

Jarrow
FORMULAS®

**TBST
FREE**

No Added Hormones

12 PACKETS

WHEY PROTEIN

17g Net Protein
4g BCAAs Per Serving
Glutamine Rich



No Artificial Sweeteners
No Artificial Flavors

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

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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

	Chocolate	Unflavored	French Vanilla
Serving Size 1 Packet	(27 g)	(23 g)	(26 g)
Servings Per Container 12	4	4	4
Amount Per Serving			
Calories	105	94	105
Calories from Fat	10	18	10
	% DV*	% DV*	% DV*
Total Fat	1 g 2%	2 g 3%	1 g 2%
Saturated Fat	1 g 5%	1 g 5%	1 g 5%
Trans Fat	0 g	0 g	0 g
Cholesterol	50 mg 17%	50 mg 17%	50 mg 17%
Sodium	40 mg 2%	40 mg 2%	40 mg 2%
Potassium	180 mg 6%	133 mg 4%	126 mg 4%
Total Carbohydrate	6 g 2%	2 g < 1%	6 g 2%
Dietary Fiber	1 g < 1%	0 g 0%	1 g < 1%
Sugars	4 g	1 g	4 g
Protein	17 g 34%	18 g 36%	17 g 34%
Vitamin A	2%	2%	2%
Vitamin C	**	**	**
Calcium	10%	10%	10%
Iron	4%	2%	2%

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

**Not a significant source of vitamin C.

	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

Chocolate
Ingredients: 100% Ultrafiltered Whey Protein from milk, fructose, natural cocoa powder, natural semi-sweet chocolate flavor, lecithin (from soy), guar gum, Fibersol®-2 (resistant maltodextrin), natural vanilla flavor and Lo Han Guo (*Momordica grosvenorii*).

Unflavored Protein
Ingredients: 100% Ultrafiltered Whey Protein from milk and lecithin (from soy).
French Vanilla
Ingredients: 100% Ultrafiltered Whey Protein from milk, fructose, natural French vanilla flavor, lecithin (from soy), guar gum, Fibersol®-2 (resistant maltodextrin) and Lo Han Guo (*Momordica grosvenorii*).

Contains: Milk and soy.
No wheat, no gluten, no egg, no fish/shellfish, no peanuts/tree nuts.
Contains **NO** artificial flavors or artificial sweeteners.

Lot #. Best Used Before: