MIXING DIRECTIONS: Mix 1 level scoop (27 g) 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 **B**ranched **C**hain Amino Acids (BCAAs) (Isoleucine, Leucine and Valine). Each scoop (27 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 g per serving), 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® 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.

## **Typical Amino Acid Profile** of Jarrow Formulas® **Whey Protein**

Per 27 g Serving

#### **Essential Amino Acids**

| Isoleucine (BCAA) 1.03 g         |
|----------------------------------|
| Leucine (BCAA) 1.72 g            |
| Valine (BCAA) 0.97 g             |
| Phenylalanine 0.57 g             |
| Methionine 0.42 g                |
| Lysine 1.43 g                    |
| Tryptophan 0.40 g                |
| Threonine 1.17 g                 |
| Arginine (semi-essential) 0.40 g |
| Histidine 0.31 g                 |
| Total ≥ 8 g                      |
| 3 3                              |

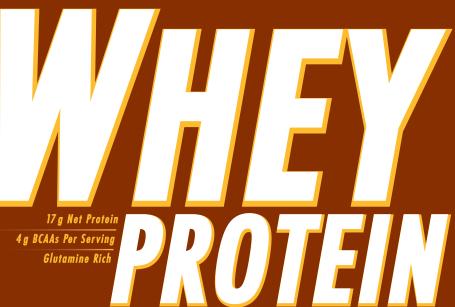
#### Non Eccential Amino Acide

| Non-Essential Amino Acids   |        |
|-----------------------------|--------|
| Alanine                     | 0.84 g |
| Aspartic Acid               | 2.24 ç |
| Cysteine                    | 0.48 ç |
| Glutamine + Glutamic Acid : | 3.06 g |
| Glycine                     | 0.31   |
| Proline                     | 0.99   |
| Serine                      | 0.84   |
| Tyrosine                    | 0.51 g |





Chocolate Flavor



**NET WEIGHT** 

No Artificial Sweeteners No Artificial Flavors



# **Nutrition Facts**

Approx. 33 servings per container Serving size

Amount per serving

Calories

|                                       | % Daily Value    |
|---------------------------------------|------------------|
| Total Fat 1.5 g                       | 2%               |
| Saturated Fat 0.5 g                   | 3%               |
| Trans Fat 0 g                         |                  |
| Cholesterol 45 mg                     | 15%              |
| Sodium 40 mg                          | 2%               |
| Total Carbohydrate 5 g                | 2%               |
| Dietary Fiber 1 g                     | 4%               |
| Total Sugars 4 g                      |                  |
| Includes 3 g Added Sugars             | 6%               |
| Protein 17 g                          | 34%              |
| Vitamin D 0 mcg                       | 0%               |
| Calcium 120 mg                        | 129              |
| Iron 0.4 mg                           | 29               |
| Potassium 160 mg                      | 5%               |
| * The % Daily Value (DV) tells you ho | w much a nutrien |

The % Daily Value (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: 100% Ultrafiltered Whey Protein fructose, natural cocoa powder, natural semi-sweet chocolate flavor, lecithin (from soy), quar gum, Fibersol®-2 (resistant maltodextrin), natural vanilla 1 level scoop (27 g) flavor 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.

This product is not a complete nutrient source. Use this product as a food supplement only. Do not use for weight reduction. Packaged by weight, not by volume.

Distributed Exclusively by:

### Jarrow FORMULAS®

Superior Nutrition and Formulation<sup>sм</sup> P.O. Box 35994 Los Angeles, CA 90035-4317

www.Jarrow.com

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