

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 **Branched Chain 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	

Non-Essential Amino Acids

Alanine	0.84 g
Aspartic Acid	2.24 g
Cysteine	0.48 g
Glutamine + Glutamic Acid	3.06 g
Glycine	0.31 g
Proline	0.99 g
Serine	0.84 g
Tyrosine	0.51 g

Jarrow
FORMULAS®



Chocolate Flavor

WHEY
PROTEIN

17 g Net Protein
4 g BCAAs Per Serving
Glutamine Rich

No Artificial Sweeteners
No Artificial Flavors



NET WEIGHT

32 oz (908 g)
POWDER

Nutrition Facts

Approx. 33 servings per container
Serving size 1 level scoop (27 g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.5 g	3%
<i>Trans</i> 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	12%
Iron 0.4 mg	2%
Potassium 160 mg	5%

* 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), guar gum, Fibersol®-2 (resistant maltodextrin), natural vanilla 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.

01317WCHOC PROD # 121008



Distributed Exclusively by:
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Lot #: Best Used Before:

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