

**MIXING DIRECTIONS:** Mix one level scoop 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 (Approx. 26 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.

Lot #. Best Used Before:

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

Per 26 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
<b>Total ≥ 8 g</b>	

**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®**



*French Vanilla Flavor*

**WHEY  
PROTEIN**

*17g Not Protein  
4g BCAAs Per Serving  
Glutamine Rich*

**NET WEIGHT**

**16 oz (454 g)  
POWDER**

**No Artificial Sweeteners  
No Artificial Flavors**



**Nutrition Facts**

Serving Size 1 Scoop (Approx. 26 g)  
Servings Per Container Approx. 17

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
<b>Total Fat</b> 1 g		2%	
Saturated Fat 1 g		5%	
Trans Fat 0 g			
<b>Cholesterol</b> 50 mg		17%	
<b>Sodium</b> 40 mg		2%	
<b>Potassium</b> 125 mg		4%	
<b>Total Carbohydrate</b> 6 g		2%	
Dietary Fiber 1 g		< 1%	
Sugars 4 g			
<b>Protein</b> 17 g		34%	
Vitamin A 2%	•	Vitamin C **	
Calcium 10%	•	Iron 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

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

**Contains:** Milk (whey) and soy.

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

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

**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.**

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
Superior Nutrition and Formulation™  
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