

**MIXING DIRECTIONS:** Mix one heaping scoop (24 g) with 6 to 8 oz. of cold water, almond milk or your favorite beverage. For a protein smoothie, blend with crushed ice and add juice or fruit to taste. **Jarrow Formulas®** Grass Fed Whey Protein has a rich and creamy texture.

**Jarrow Formulas®** Grass Fed Whey Protein comes from South Australian cows fed grass year round and not treated with growth hormone (rBST) or antibiotics. South Australia is a temperate climate zone, which allows the dairy cows to roam the open pastures, untainted by pesticides.

**Jarrow Formulas®** Grass Fed Whey Protein is a good source of calcium (100 mg per serving) and rich in essential amino acids (9.3 g per serving).

**Store in a cool, dry place.  
Keep out of the reach of children.**

**Typical Amino Acid Profile  
of Jarrow Formulas®  
Grass Fed Whey Protein**  
Per 24 g Serving

**Essential Amino Acids**

Isoleucine (BCAA).....	1.19 g
Leucine (BCAA).....	2.05 g
Valine (BCAA).....	1.15 g
Phenylalanine.....	0.63 g
Methionine.....	0.38 g
Lysine.....	1.83 g
Tryptophan.....	0.36 g
Threonine.....	1.35 g
Arginine (semi-essential).....	0.53 g
Histidine.....	0.34 g
<b>Total ≥</b>	<b>9.3 g</b>

**Non-Essential Amino Acids**

Alanine.....	0.98 g
Aspartic Acid.....	2.04 g
Cysteine.....	0.36 g
Glutamine + Glutamic Acid.....	3.38 g
Glycine.....	0.36 g
Proline.....	1.15 g
Serine.....	1.00 g
Tyrosine.....	0.56 g

**Naturally-Occurring  
Whey Fractions:**

Lactoferrin.....	3%
Immunoglobulins.....	10%
Serum Albumin.....	5%

**Jarrow**  
FORMULAS®

Grass Fed  
**WHEY  
PROTEIN**

rBST-FREE

UNFLAVORED  
PROTEIN

12.7 OZ (360 G) POWDER NET WEIGHT

**Nutrition Facts**

Serving Size 1 Heaping Scoop (24 g)  
Servings Per Container Approx. 15

Amount Per Serving		Calories from Fat 15	
Calories 100		% Daily Value*	
<b>Total Fat</b> 1.5 g			2%
Saturated Fat 1 g			5%
Trans Fat 0 g			
<b>Cholesterol</b> 25 mg			8%
<b>Sodium</b> 40 mg			2%
<b>Potassium</b> 125 mg			4%
<b>Total Carbohydrate</b> 2 g			<1%
Dietary Fiber 0 g			0%
Sugars 2 g			
<b>Protein</b> 18 g			36%
Calcium			10%
Not a significant source of vitamin A, vitamin C and iron.			
* Percent Daily Values are 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: Grass Fed Whey protein concentrate and non-GMO sunflower lecithin.

**Contains:** Milk (whey).

No wheat, no gluten, no soybeans, 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™  
P.O. Box 35994  
Los Angeles, CA 90035-4317  
[www.Jarrow.com](http://www.Jarrow.com)

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Lot #, Best Used Before:

