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® Whev 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. 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 a (4.000 ma) 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 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

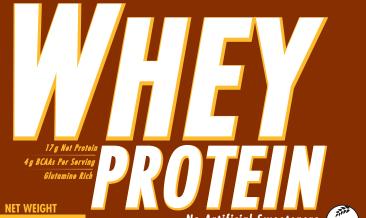
Non-Essential Amine Acide

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





Chocolate Flavor



No Artificial Sweeteners GLUTEN No Artificial Flavors

Nutrition Facts

Serving Size 1 Scoop (Approx. 27 g) Servings Per Container Approx. 17

Amount Per Se	rving			
Calories 105		Calories from Fat 1		
		% E	aily Value	
Total Fat 1 g			29	
Saturated Fa	t1g		59	
Trans Fat 0 g				
Cholesterol 50	mg		179	
Sodium 40 mg			29	
Potassium 180	mg		59	
Total Carbohyd	Irate 6 g		29	
Dietary Fiber	1 g		<19	
Sugars 4 g				
Protein 17 g			349	
Vitamin A 2%	 Calciur 	n 10% •	Iron 49	
Not a significant source of vitamin C.				
* Percent Daily V Your Daily Values on your calorie no	s may be hig			
, ,	Calories	2,000	2,50	
Total Fat Saturated Fat Cholesterol	Less than Less than Less than	65 g 20 g 300 mg	80 25 300 m	

Calories Per Gram: Fat 9 Carbohydrate 4 Protein 4

2,400 mg

375 a

300 a

Sodium

Total Carbohydrate

Dietary Fiber

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

Contains: Milk (whev) and sov.

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® P.O. Box 35994 Los Angeles, CA 90035-4317 www.Jarrow.com

PROD # 121034



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