

20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING • 20 GRAMS OF PROTEIN PER SERVING

**WHEY IS AN EXCELLENT SOURCE OF PROTEIN BECAUSE OF ITS HIGH BIOLOGICAL VALUE (BV)!**

**WHEY IS THE PROTEIN OF CHOICE BECAUSE OF ITS:**

- efficient utilization in the body due to its high BV
- natural source of branched chain amino acids
- natural source of lactalbumin and immunoglobulins

**Solgar® Whey To Go® Protein Powder**

- COMPLETE ESSENTIAL AMINO ACID PROFILE • HIGH BIOLOGICAL PROTEIN VALUE
- HIGHLY EFFICIENT CROSS-FLOW MICRO-FILTERED WHEY ISOLATE AND CONCENTRATE
- LOW HEAT, NON-CHEMICAL EXTRACTION PROCESS
- WITH FREE-FORM L-GLUTAMINE AND FREE-FORM BRANCHED CHAIN AMINO ACIDS (BCAAs)
- FREE OF GLUTEN AND ARTIFICIAL FLAVORS
- LOW IN FAT • EASY TO MIX
- 98% LACTOSE FREE

**Solgar® Whey To Go®**

Protein Powder is a highly efficient, advanced protein enhancement product. It is formulated with a blend of uniquely processed whey protein isolate and whey protein concentrate. Cross-flow micro-filtration adds to *Whey To Go®* Protein Powder's amino acid availability, absorption and utilization.

**Solgar® Whey To Go®**

Protein Powder also includes the two beneficial ingredients, Free-Form L-Glutamine and Free-Form Branched Chain Amino Acids (BCAAs). L-Glutamine plays a significant role in supporting protein metabolism.\* BCAAs are directly involved in protein synthesis and help support muscle nitrogen and a free amino acid pool during exercise.\* Both

L-Glutamine and BCAAs are used by muscle tissue as a source of energy.\* In addition, **Solgar® Whey To Go® Protein Powder** is free of gluten and is low in fat. Plus, its delicious vanilla flavor blends easily and tastes great in water, milk or your favorite juice. It can even be added to sauces, soups, cereals, muffins, pancakes and other bake mixes. It is an excellent way to add extra high quality protein to your daily caloric intake.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



CROSS-FLOW MICRO-FILTERED  
**WHEY PROTEIN**  
POWDER

**LOW HEAT, NON-CHEMICAL EXTRACTION PROCESS**  
**GLUTEN FREE**  
**NO ARTIFICIAL SWEETENERS**  
**SUITABLE FOR LACTO-VEGETARIANS**

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.  
DO NOT USE FOR WEIGHT REDUCTION.

**VANILLA NATURALLY FLAVORED**

**DIETARY SUPPLEMENT**

NET WEIGHT 32 oz. (907 g)

**Supplement Facts**

Serving Size: 25 g (approx. 1 Level Scoop)  
Servings Per Container: 36

Amount Per Serving	%DV
Calories	90
Calories from Fat	5
Total Fat	0.5 g 1%**
Saturated Fat	<0.5 g 2%**
Cholesterol	10 mg 3%**
Total Carbohydrate	2 g <1%**
Sugars	<1 g ***
Protein	20 g 40%**
Calcium †	74 mg 7%
Phosphorus †	40 mg 4%
Magnesium †	13 mg 3%
Sodium †	55 mg 2%
Potassium †	75 mg 2%

\*\*Percent Daily Values (DV) are based on a 2,000 calorie diet  
\*\*\*Daily Value (DV) not established

**Ingredients:**

Cross-Flow Micro-Filtered Whey Protein Isolate ††, Cross-Flow Micro-Filtered Whey Protein Concentrate ††, Natural Flavors, Free-Form L-Glutamine, Free-Form BCAAs (Leucine, Valine, Isoleucine). Contains <1% of: Soy Lecithin.  
Contains milk and soy.

**Suggested Use:**

As a dietary supplement for adults, mix 25 grams (approx. 1 level scoop) in 8 ounces of water, milk, or your favorite juice and blend or shake vigorously. May also be blended with fresh fruit. Please note the additional calories and/or protein provided by milk or juice.

This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under lid is missing or damaged.

† Naturally occurring; therefore amount may vary.  
†† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, residual caseins, protease peptides, and lactoferrin.

This product is packed by weight not by volume, settling will occur.

Whey To Go® is a registered trademark of Solgar, Inc.

**Carefully Manufactured for:**  
**Solgar, Inc.**  
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Leonia, NJ 07605 U.S.A.

For more information, call toll-free 1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)  
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**Typical Amino Acid Profile per Serving\*\*\*\***

Essential Amino Acids	
L-Histidine.....	350 mg
L-Isoleucine.....	1362 mg
L-Leucine.....	2061 mg
L-Lysine.....	1532 mg
L-Methionine.....	388 mg
L-Phenylalanine.....	543 mg
L-Threonine.....	1369 mg
L-Tryptophan (naturally occurring).....	332 mg
L-Valine.....	1215 mg
Non Essential Amino Acids	
L-Alanine.....	917 mg
L-Arginine.....	392 mg
L-Aspartic Acid.....	2043 mg
L-Cysteine.....	470 mg
L-Glutamic Acid.....	3258 mg
L-Glutamine.....	1252 mg
Glycine.....	301 mg
L-Proline.....	1320 mg
L-Serine.....	917 mg
L-Tyrosine.....	558 mg

\*\*\*\*approximate values



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