

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 (23 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 (~9 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 23 g Serving

Essential Amino Acids

Isoleucine (BCAA)	1.09 g
Leucine (BCAA)	1.82 g
Valine (BCAA)	1.02 g
Phenylalanine	0.61 g
Methionine	0.44 g
Lysine	1.51 g
Tryptophan	0.42 g
Threonine	1.23 g
Arginine (semi-essential)	0.42 g
Histidine	0.33 g
Total ~ 9 g	

Non-Essential Amino Acids

Alanine	0.88 g
Aspartic Acid	2.37 g
Cysteine	0.51 g
Glutamine + Glutamic Acid	3.24 g
Glycine	0.33 g
Proline	1.05 g
Serine	0.88 g
Tyrosine	0.54 g

**Jarrow
FORMULAS®**



Unflavored

**WHEY
PROTEIN**

18 g Not Protein
4 g BCAAs Per Serving
Glutamine Rich

NET WEIGHT

**16 oz (454 g)
POWDER**

No Artificial Sweeteners
No Artificial Flavors



Nutrition Facts

Serving Size 1 Scoop (23 g)
Servings Per Container Approx. 20

Amount Per Serving		% Daily Value*	
Calories 90		Calories from Fat 20	
Total Fat 2 g		3%	
Saturated Fat 1 g		4%	
Trans Fat 0 g			
Cholesterol 50 mg		17%	
Sodium 40 mg		2%	
Potassium 110 mg		3%	
Total Carbohydrate 2 g		1%	
Dietary Fiber 0 g		0%	
Sugars 1 g			
Protein 18 g		36%	

Calcium 10%
Not a significant source of vitamin A, vitamin C and iron.

* Percent Daily Values 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

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com

Ingredients: 100% Ultrafiltered Whey Protein from milk and lecithin (from soy).

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.

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Lot #: Best Used Before:

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