

dietmasters

COMPLETE NUTRITIONAL PROGRAMS AND PRODUCTS

Whey Protein Chocolate/Vanilla



Overview

Whey protein is a pure, natural, high quality protein that is derived from cow's milk. Milk contains two proteins, casein and whey; whey accounts for approximately 20% of the total protein content of milk. Whey is the liquid leftover after pressing the milk solids into cheese. This liquid is then filtered and purified. Once the purification is complete, the water is removed and it is then made into a powder. Historically, whey was considered an expendable by-product of cheese manufacturing. However, more recently, whey has proven to be an excellent source of protein with a high biological value.

Our Whey Protein Powder is available in creamy vanilla flavor (12.6 oz. offering 16 grams of protein per serving) and rich chocolate flavor (16.2 oz. offering 16 grams of protein per serving). As research continues, new information becomes available on the potential nutritional health benefits of whey supplementation.

Research Indicates

- » Sports nutrition—Whey is a favorite source of protein for athletes and sports enthusiasts
- » Weight management—Whey is a high quality, low-fat, low-carbohydrate protein
- » Immune support—Whey increases the levels of glutathione, an important nutrient required for healthy immune function. It contains protein components, such as lactoferrin that may be beneficial to the immune system
- » Naturally complete protein—Whey contains all of the essential amino acids the body requires on a daily basis
- » Branched chain amino acids—Whey is a rich source of BCAAs, which are important for the repair and rebuilding of lean muscle tissue
- » Wound healing—Whey is a high quality protein, protein is a building block of new tissue and is key to recovery from burns and other injuries

Product Highlights

- » Micro-Filtered » Free-form Branched Chain Amino Acids (BCAA's) » Ion-Exchanged » Free of lactose and starch » Low Carb » Low-heat, non-chemical whey extraction process » Hydrolyzed (or broken down into its component amino acids) » Contains Free-Form L-Glutamine » Lactose Free » No artificial sweeteners or flavors » Complete Essential Amino Acid Profile » Low in fat » Superior Biological Protein Value » Easy to mix

Recommended Dosage

Blend one heaping scoop (included in can) of Whey Protein Powder mix into 6-8 oz. of milk, juice, or other favorite beverage. Whey Protein Powder can also be blended with fruit, ice, and other ingredients or added to cereals, baked goods, or soups for extra protein.

Cautions: If you are pregnant or lactating, consult a health care practitioner prior to using this product.

No Minimum Orders!