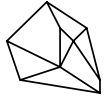


# Whey Protein Isolate

For elite athletes, weekend warriors, and anyone needing some extra protein



Whey Protein  
Bromelain  
Papain



## What it is

Whey protein isolate provides 21 grams of protein per serving in a delicious vanilla flavor with flavors and sweeteners derived from natural sources (also available in chocolate flavor). Because it's an isolate instead of a concentrate, it contains 90-95% protein, compared to a concentrate that contains 70-85% protein. The balanced amino acid profile in Whey Protein Isolate includes lysine as well as arginine and the branched-chain amino acids leucine, isoleucine, and valine – and because it contains all essential amino acids it is considered a complete protein. Whey protein is known for its high bioavailability.

## What it does

Getting enough protein is essential for broad nutritional needs. Whey Protein Isolate helps in building and maintaining muscle, most organs, and hormones, and promoting hemoglobin and antibody activity.\* With gut health in mind, digestive enzymes from papaya and pineapple have been added to support digestion of the protein powder while removing all but trace amounts of lactose from the powder.\*

## Why take a protein powder

Whether for fitness training, promoting weight management, or just maintaining a healthy lifestyle, there are many benefits of protein, and beginning the morning with a shake optimizes the experience.\* It can help jumpstart your metabolism by converting glucose to fat for energy instead of storing fat, which happens with a high carbohydrate breakfast.\* A protein shake can promote a feeling of fullness and support healthy weight management when combined with exercise and a healthy diet.\* While most whole food protein sources require preparation and refrigeration, protein powder is kept easily in a gym bag, a briefcase, a school locker, or a kitchen pantry for a quick serving of protein, as a stand-alone snack, or to complement a protein-deficient meal.

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\*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.

<b>SUPPLEMENT FACTS</b>		V13
Serving Size: One Scoop (27.9 g)		
Servings Per Container: 30		
<b>One Scoop (27.9 g) Contains:</b>		<b>%DV</b>
Calories	100	
Total Fat	0.5 g	<1%*
Cholesterol	10 mg	3%*
Total Carbohydrate	3 g	1%*
Dietary Fiber	1 g	4%*
Total Sugars	3 g	**
Includes 1 g Added Sugars		2%*
Protein	21 g	42%*
Calcium	94 mg	7%
Sodium	75 mg	3%
Whey Protein Isolate	25 g	**
Proprietary Blend	30 mg	
Bromelain		**
Papain		**
*Percent Daily Values are based on a 2,000 calorie diet.		
**Daily Value (DV) not established.		

Typical Amino Acid Amounts (g)  
Per Serving

Alanine	1.0
Arginine	0.6
Aspartic Acid	2.1
Cysteine	0.5
Glutamic Acid	3.6
Glycine	0.4
Histidine ▲	0.4
Isoleucine ▲	1.2
Leucine ▲	2.2
Lysine ▲	1.9
Methionine ▲	0.5
Phenylalanine ▲	0.7
Proline	1.2
Serine	1.1
Threonine ▲	1.4
Tryptophan ▲	0.4
Tyrosine	0.6
Valine ▲	1.2

▲ Essential Amino Acid

**Other Ingredients**

Flavors, Evaporated Cane Juice Sugar, Carboxymethylcellulose Gum, Xanthan Gum, Rebaudioside A.

Contains ingredient derived from milk (whey protein isolate).

**Suggested Use**

Mix 1 scoop with at least 8 ounces of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

SKU	Unit Count	Benefits	Features
SP111	Net wt. 29.5 oz (1.84 lb.) 837 g	Foundational Sports Performance*	NSF Certified for Sport® Gluten Free

**THORNE**

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