



# EAT AND THINK 2WIN

# CLEAN WHEY

High quality New Zealand whey protein from pristine herds in New Zealand!

### About whey protein

Whey protein is a naturally complete protein that provides essential and non essential amino acids to support healing, muscle building, muscle and tissue recovery, energy and the immune system.\* Whey protein is a great source of branched chain amino acids for muscle support, precursors for glutathione production as well as alpha-lactalbumin and immunoglobulins for immune system support.\*

### Clean Whey is:

- Micro-filtrated
- Rich in branched chain amino acids
- Available in Chocolate and Vanilla flavors
- Great tasting and easily mixed making it the perfect base for any health shake or smoothie
- Combined with 2 g of Fibersol-2™ brand fiber to support regularity\*

### Recommended for:

- Active Lifestyles
- Athletes, body builders and people who exercise
- Low calorie diets as adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal
- Restricted diets

### Athletes, Body Builders and Active Lifestyles

Branched Chain Amino Acids benefit muscle metabolism and provide energy directly to muscle tissue.\* The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced in one-hour or less following exercise or participation in a competitive event.

### Low Calorie or Restricted Diet

One serving provides 21 grams or 80% high quality protein. It's a delicious, low calorie, low fat, low carbohydrate drink mix supplement that is sugar free! **Clean Whey** is a great addition to any weight management program, not as a meal replacement, but as a source of energy and to curb appetite.\* Many find their appetite at mealtime is reduced when they used our **Clean Whey** as a mid-morning or mid-afternoon snack.\*

### Immune System Support\*

Whey protein naturally contains precursors for glutathione production. Glutathione helps defend the body against free radicals that can challenge or weaken the immune system.\* Natural protein fractions such as alpha-lactalbumin and immunoglobulins help strengthen the immune system.\*

### Chocolate

#### Supplement Facts

Serving Size: 1 Scoop (34.66 g)

#### Amount Per Serving

|  |          |
|--|----------|
| Calories   | 140      |
| Calories from Fat                                      | 15       |
| Total Fat  | 1.5 g    |
| Saturated Fat  | 1 g      |
| Cholesterol  | 65 mg    |
| Sodium   | 230 mg   |
| Total Carbohydrates                                    | 8 g      |
| Sugars   | 1 g      |
| Dietary Fiber  | 3 g      |
| Protein  | 21 g     |
| Vitamin A  | 122 IU   |
| Calcium  | 83 mg    |
| Iron   | 0.96 mg  |
| New Zealand Whey Protein Concentrate                   | 26.775 g |
| Digestion Resistant Maltodextrin** (Fibersol-2™ brand) | 2 g      |
| Stevia Leaf Extract                                    | 135 mg   |

Other Ingredients: cocoa powder, guar gum, natural chocolate flavor, natural french vanilla flavor, less than 0.5% of soy lecithin (emulsifier).

Contains: Milk and Soy.

### Vanilla

#### Supplement Facts

Serving Size: 1 Scoop (30.8 g)

#### Amount Per Serving

|  |          |
|--|----------|
| Calories   | 120      |
| Calories from Fat                                      | 10       |
| Total Fat  | 1 g      |
| Saturated Fat  | 1 g      |
| Cholesterol  | 60 mg    |
| Sodium   | 220 mg   |
| Total Carbohydrates                                    | 7 g      |
| Sugars   | 1 g      |
| Dietary Fiber  | 2 g      |
| Protein  | 21 g     |
| Vitamin A  | 137 IU   |
| Vitamin C  | 1.8 mg   |
| Calcium  | 77 mg    |
| Iron   | 0.22 mg  |
| New Zealand Whey Protein Concentrate                   | 26.775 g |
| Digestion Resistant Maltodextrin** (Fibersol-2™ brand) | 2 g      |
| Stevia Leaf Extract                                    | 220 mg   |

Other Ingredients: Guar gum and natural vanilla flavor, less than 0.5% of soy lecithin (emulsifier).

Contains: Milk and Soy.

#### Typical Amino Acid Profile of Whey Protein concentrate per serving\*\*\*

|                  |        |
|------------------|--------|
| Isoleucine       | 1.02 g |
| Leucine          | 2.18 g |
| Lysine           | 1.64 g |
| Methionine       | 0.40 g |
| Phenylalanine    | 0.67 g |
| Threonine        | 0.89 g |
| Tryptophan       | 0.27 g |
| Valine           | 1.00 g |
| Histidine        | 0.39 g |
| Alanine          | 0.90 g |
| Arginine         | 0.69 g |
| Aspartic Acid    | 2.01 g |
| Cysteine/cystine | 0.75 g |
| Glutamic Acid    | 3.01 g |
| Glycine          | 0.33 g |
| Proline          | 0.71 g |
| Serine           | 0.76 g |
| Tyrosine         | 0.64 g |

#### Typical protein composition of Whey Protein concentrate per serving\*\*\*

|                      |          |
|----------------------|----------|
| a-Lactalbumin        | 3.43 g   |
| B-Lactoglobulin      | 7.84 g   |
| Glycomacropeptide    | 1.078 g  |
| Immunoglobulin G     | 0.882 g  |
| Bovine Serum Albumin | 0.9555 g |
| Proteose Peptone 5   | 0.245 g  |
| Lactoferrin          | 35.46 mg |

\*\*\*Typical amino acid and protein values are an average representation of samples taken across the manufacturing process.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, mix one scoop daily in 6-8 ounces of water, milk substitute or your favorite beverage, or as directed by your healthcare practitioner. For best results, serve cold and use shaker or blender.

\*\*Dietary fiber from digestion resistant maltodextrin must be tested using AOAC method #2001.03. Fibersol-2™ is a Trademark of Matsutani Chemical Industry Co., LTD.



Manufactured to cGMP standards and distributed by:

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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.

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