BEST WHEY PROTEIN

- LACTOSE FREE
- SMOOTH DELICIOUS FLAVOR
- 600 GRAMS OF PROTEIN FROM GRASS FED COWS

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BEST WHEY PROTEIN

AVAILABLE IN 30 POWDER SERVING BOTTLES AND SINGLE SERVE PACKETS

Best 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 a healthy immune system. It is a great source of branched chain amino acids for muscle support, a precursor for glutathione production, as well as alpha-lactalbumin and immunoglobulins for immune system support. **Best Whey Protein** is beneficial to those with active lifestyles, athletes, body builders, people who exercise and those following a low-calorie or restricted diet. Adding **Best Whey Protein** to a mid- day snack or beverage provides healthy energy and may help control food intake at the next meal.

Best Whey Protein is
- Micro-filtrated
- Rich in branched chain amino acids
- Available in a Vanilla and Chocolate Flavors
- Great tasting and easily mixed, making it the perfect base for any health shake or smoothie
- Combined with 3 g of Fibersol-2™ brand fiber to support regularity

About the Ingredients:
Athletes, Body Builders and Active Lifestyles benefit from Branched Chain Amino Acids by aiding in muscle metabolism and providing 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 of **Best Whey Protein** provides 21 grams, or 80%, of high quality protein. It's a delicious, low calorie, low fat, low carbohydrate drink mix supplement that is sugar free! **Best Whey Protein** 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 use whey as a mid-morning or mid-afternoon snack.

Immune System Support
Best 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.

VANILLA

SUPPLEMENT FACTS

Serving Size: 1 Scoop (31.6g)
Servings per Container: 30
Amount Per Serving

Calories 125	Calories From Fat 14
Total Fat	1.5g
Saturated Fat	1 g
Trans Fat	0g
Cholesterol	60 mg
Sodium	75 mg
Potassium	140 mg
Total Carbohydrates	6 g
Fiber	3 g
Sugar	2 g
Added Sugars	2 g
Protein	20 g
Calcium	125 mg
Phosphorus	50 mg

Other Ingredients: non GMO Whey Protein Concentrate, Fibersol®-2, Natural Flavors, Stevia, and Xanthan Gum

Suggested Use: As a dietary supplement, mix one scoop (31.6g) daily in 6-8 ounces of water, milk, milk substitute or your favorite beverage, or use as directed by your healthcare practitioner. For best results, serve cold and use a shaker bottle or blender.

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

CHOCOLATE

SUPPLEMENT FACTS

Serving Size: 1 Scoop (32g)
Servings per Container: 30
Amount Per Serving

Calories 125	Calories From Fat 14
Total Fat	1.5g
Saturated Fat	1 g
Trans Fat	0g
Cholesterol	60 mg
Sodium	75 mg
Potassium	210 mg
Total Carbohydrates	6 g
Fiber	3 g
Sugar	2 g
Added Sugars	2 g
Protein	20 g
Calcium	125 mg
Phosphorus	50 mg

Other Ingredients: non GMO Whey Protein Concentrate, Fibersol®-2, Cocoa Powder, Natural Flavors, Xanthan Gum, and Stevia

Suggested Use: As a dietary supplement, mix one scoop (32g) daily in 6-8 ounces of water, milk, milk substitute or your favorite beverage, or use as directed by your healthcare practitioner. For best results, serve cold and use a shaker bottle or blender.

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

AMINO ACID PROFILE

Alanine	670 mg
Arginine	1250 mg
Aspartic Acid	1754 mg
Cystine	140 mg
Glutamic Acid	2576 mg
Glycine	606 mg
Histidine	402 mg
Isoleucine	746 mg
Leucine	1334 mg
Lysine	1148 mg
Methionine	138 mg
Phenylalanine	842 mg
Proline	718 mg
Serine	714 mg
Tyrosine	530 mg
Tryptophan	122 mg
Threonine	566 mg
Valine	818 mg

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.

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This flyer was created on: 5-21-20 MM

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