

Whey Protein Natural Unflavored

Jarrow Formulas

Nutrition Facts

Serving Size 1 Heaping Scoop (23 g)

Servings Per Container 39

Amount Per Serving

Calories 85 **Calories from Fat 10**

% Daily Value*

Total Fat 1 g 2%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 15 mg 11%

Sodium 45 mg 2%

Potassium 88 mg 3%

Total Carbohydrate 1 g 0%

Dietary Fiber 0 g 0%

Sugars 1 g

Protein 18 g 36%

Vitamin A 1% • Vitamin C < 2%

Calcium 10% • Iron 0%

* 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

Typical Amino Acid
Per 23 g Serving

Essential Amino Acids	
Isoleucine (BCAA)	1.59 g
Leucine (BCAA)	1.94 g
Valine (BCAA)	1.08 g
Phenylalanine	0.67 g
Methionine	0.41 g
Lysine	1.76 g
Tryptophan	0.38 g
Threonine	1.25 g
Arginine (semi-essential)	0.53 g
Histidine (semi-essential)	0.47 g
Total Essential Amino Acids	10.08 gms
Non-Essential Amino Acids	
Alanine	0.76 g
Aspartic Acid	1.87 g
Cysteine	0.87 g
Glutamine + Glutamic Acid	2.93 g
Glycine	0.39 g
Proline	1.11 g
Serine	0.37 g
Tyrosine	0.66 g
Total Non-Essential Amino Acids	8.56 gms
Total Glycomacropetides	3 gms
Total Protein Per Serving	18.64 gms

Other Ingredients

100% Ultrafiltered Whey Protein from milk (comprising major isolate fractions: 51% Beta Lactoglobulin, 20% Alpha-Lactalbumin, 10% Immunoglobulin, 10% Albumin and 7% minor fractions, betamicroglobulin, lactoferrin and relaxin), and lecithin (from soy).

Contains: Milk and soy.

No wheat, no gluten, no egg, no fish/shellfish, no peanuts/tree nuts. Contains NO artificial flavors or artificial sweeteners.

Suggested Usage

Mix 1 heaping scoop (provided in container) of 100% natural 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.

