Protein Whey represents an extraordinary breakthrough in body composition/weight management functional food formulas. Our medical board of advisors’ primary objective in researching and developing Protein Whey was to find a pure source of quality whey protein that is free of genetically-engineered hormones (rBST and rBGH) which, though banned in other countries, are used in the United States dairy industry. There are growing concerns regarding the effects of these hormones, especially in early puberty.*

Discussion

New Zealand Biosciences™ Proprietary Whey Protein Blend (NZ whey protein concentrate, L-glutamine, glycine, and taurine) is sourced from New Zealand, which is known for its highly strict dairy processing standards. Guaranteed 100% pure (hormone free), this high-biological-value whey protein concentrate contains a rich array of essential and non-essential amino acids. Whey protein is considered the “gold standard” of protein for serious athletes. Research suggests that it supports healthy body composition, retention of lean muscle mass, glucose metabolism, satiety, and gastrointestinal health.[1-5] Its roles in the maintenance of blood pressure and blood lipid levels already within the normal range are also areas of interest.[3,5] As a rich source of the sulfur-containing amino acids cysteine and methionine, whey protein can enhance immune function through intracellular conversion to glutathione.[3] Whey protein also delivers high levels of naturally occurring bioactive immunoglobulins that are resistant to peptic digestion. Immunoglobulins from whey have been observed to support intestinal immunity and a healthy response to inflammation.[3,4] Furthermore, whey protein has displayed lower allergenicity than casein.*[6]

Glutamine and Glycine, in combination with the cysteine-rich whey protein, promote glutathione synthesis and combat free radicals. Glutamine, crucial in nitrogen metabolism, is important for replenishing amino acid stores, especially after exercise or stress.[7,8] This amino acid aids in intestinal cell proliferation, thereby helping to preserve gut barrier function and intestinal health.[8] Glycine, an inhibitory (calming) neurotransmitter, is vital as a constituent of collagen and a building block for other substances such as coenzyme-A, nucleic acids, creatine phosphate, purines, bile, and other amino acids.*

Taurine, as a derivative of sulfur-containing cysteine, has many healthful clinical applications, including the support of stable cell membranes, cardiovascular health, glucose tolerance, detoxification, and bile salt synthesis.*[9]

Aminogen® is a patented, natural, plant-derived enzyme system. It promotes protein digestibility and amino acid absorption, thereby boosting nitrogen retention and aiding in the synthesis of muscle mass and strength, as well as promoting deep muscle recovery.*[10]

Medium-Chain Triglycerides provide a rapidly absorbed, easily metabolized, and quick form of energy.

Beneficial Macronutrient Ratio In every serving, Protein Whey provides 21 g of high-quality whey protein; 3.5-4 g of fat, including 0.5 g from medium-chain triglycerides; and 16-22 g of carbohydrate, including 8-11 g of fiber. This composition supports a healthy balance of macronutrients and fiber. High-fiber foods tend to slow the absorption of glucose into the bloodstream.[14] Furthermore, both fiber and protein tend to increase feelings of satiety.*[14,15]

Fructose Free Protein Whey contains evaporated cane juice and stevia in place of fructose. Animal and human research suggests that consuming fructose-containing beverages increases visceral adiposity.[16,17]

*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.
Vanilla

Nutrition Facts
Serving Size: 2 Scoops (45 g)
Serving Per Container 14

Amount Per Serving
Calories 170
Calories From Fat 35

% Daily Value
Total Fat 3.5g 6%
Saturated Fat 2.2g 10%
Cholesterol 45mg 15%
Sodium 230mg 10%
Potassium 230mg 7%
Dietary Fiber 1.6g 6%

Dietary Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

Total Carbohydrate 16g 5%
Sugars 7g

Protein 2.1g
Vitamin A 0%  
Vitamin C 2%
Calcium 8%  
Iron 2%

Not a significant source of ingredients

INGREDIENTS: New Zealand Biosciences™ proprietary whey protein blend (whey protein concentrate, taurine, L-glutamine, glycine), inulin (from chicory), organic dried cane gum, plant enzyme blend), guar gum, sea salt, inulin (from chicory), organic dried cane syrup, natural flavors (no MSG), sunflower oil, medium-chain triglycerides, cellulose gum, xanthan gum, Aminogen® (proprietary plant enzyme blend), guar gum, sea salt, tricalcium citrate, and stevia leaf extract.

CONTAINS: Milk (whey protein concentrate). Aminogen® is a registered trademark of Triarco Industries. Aminogen® is protected under U.S. patent 5,387,422.

Directions
Mix two scoops (45 g) in 8-12 oz cold water and consume. Adjust amount of water according to thickness desired. May be used as a snack, a “rescue” food, an occasional meal replacement, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Does Not Contain
Wheat, gluten, yeast, soy, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

Typical Amino Acid Profile
Per Serving:

<table>
<thead>
<tr>
<th>Amino Acid</th>
<th>Amount (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alanine</td>
<td>1,410</td>
</tr>
<tr>
<td>Arginine</td>
<td>718</td>
</tr>
<tr>
<td>Aspartic Acid</td>
<td>2,953</td>
</tr>
<tr>
<td>Cysteine</td>
<td>745</td>
</tr>
<tr>
<td>Glutamic Acid</td>
<td>4,815</td>
</tr>
<tr>
<td>Glycine</td>
<td>582</td>
</tr>
<tr>
<td>Histidine</td>
<td>505</td>
</tr>
<tr>
<td>Isoleucine</td>
<td>1,835</td>
</tr>
<tr>
<td>Leucine</td>
<td>2,979</td>
</tr>
<tr>
<td>Lysine</td>
<td>2,421</td>
</tr>
<tr>
<td>Methionine</td>
<td>665</td>
</tr>
<tr>
<td>Phenylalanine</td>
<td>904</td>
</tr>
<tr>
<td>Proline</td>
<td>1,702</td>
</tr>
<tr>
<td>Serine</td>
<td>1,410</td>
</tr>
<tr>
<td>Tauine</td>
<td>500</td>
</tr>
<tr>
<td>Threonine</td>
<td>1,942</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>638</td>
</tr>
<tr>
<td>Valine</td>
<td>1,676</td>
</tr>
</tbody>
</table>

Your calorie needs: Your Daily Values may be higher or lower depending on your calorie needs.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

% Daily Value
Sodium 8%  
Potassium 5%
Cholesterol 8%
Saturated Fat 5%
Total Fat 3%

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References