

PURE NEW ZEALAND GRASS FED WHEY PROTEIN POWDER

Select Whey® Vanilla provides premium quality whey protein concentrate in a delicious and versatile vanilla flavor, naturally sweetened with monk fruit. This outstanding supplement is made with whey protein derived from the milk of grass-fed, New Zealand cattle allowed to graze year-round on natural pasture. It is free from synthetic growth hormones, GMOs, antibiotics, pesticides and other chemicals.

The whey protein in Select Whey® Vanilla is processed using preferred low temperature drying and filtration methods which help maintain the full range of fragile immune modulating and regenerative components naturally found in fresh, unprocessed milk.

Select Whey® Vanilla is an excellent source of usable proteins, bioactive peptides and essential amino acids including leucine, a branched chain amino acid required for muscle synthesis. Whey protein is frequently used to help promote healthy body composition and muscle growth in patients of all ages, including seniors. Research also suggests whey protein may help to support healthy glucose metabolism.

- Premium, undenatured whey protein concentrate.*
- Helps support muscle growth & immune system function.*
- Rich in immunoglobulins and other bioactive compounds.*
- Low temperature processed, non-GMO, pesticide-free.*

Supplement Facts

Serving Size: 29 grams (approx. 1 scoop)
Servings Per Container: 30

	Amount Per Serving	%Daily Value †
Calories	110	
Total Fat	2 g	2%
Saturated Fat	1 g	6%
Trans Fat	0 g	**
Cholesterol	63 mg	21%
Total Carbohydrate	2 g	<1 %
Sugars	2 g	**
Includes 0 g Added Sugars		
Protein	23 g	46%
Calcium	94 mg	7%
Sodium	70 mg	3%
Alpha-Lactalbumin	2,933 mg	**
Beta-Lactoglobulin	10,465 mg	**
Immunoglobulin G	920 mg	**
Bovine Serum Albumin	345 mg	**
Protease Peptone 5	949 mg	**

† The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

** Daily Value not established.

Other Ingredients: Whey protein concentrate (sourced from the milk of New Zealand grass-fed cows), natural vanilla flavor, monk fruit extract (Luo Han Guo), sunflower lecithin.

Contains milk. Does not contain gluten.

SUGGESTED USE: MIX 1 SCOOP WITH AT LEAST 8 OZ. OF WATER OR BEVERAGE OF CHOICE, ONCE PER DAY OR AS DIRECTED BY YOUR HEALTH CARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

Compared to whey protein isolate, whey protein concentrate contains a wider variety of naturally occurring milk compounds including protein-bound fats. A 30 gram serving of Select Whey® Vanilla contains approximately 1.8 grams of lactose (6.1%) and less than 0.3 grams (<1%) of casein. Because these levels are so low in our pure, New Zealand whey protein concentrate, Select Whey® Vanilla may be well tolerated by patients who otherwise might be dairy-sensitive.

Select Whey® Vanilla contains significant amounts of LEUCINE, a branched chain amino acid critical for muscle synthesis, and covalent bonded CYSTEINE, a key glutathione precursor. Animal studies suggest that increasing glutathione concentration in relevant tissues is the primary mechanism by which whey protein concentrate exerts its cell-protective activity.

Select Whey® Vanilla also furnishes numerous health-promoting milk proteins found in only in top quality, low temperature-processed whey protein. A summary of these may be found on the reverse side of this sheet.

A chart outlining the typical amino acid profile present in a 30 gram serving of Select Whey® Vanilla also appears on the reverse side of this sheet.

(continued on reverse side)

* 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.



Lactoferrin. This iron-binding protein enhances iron absorption when needed. Lactoferrin exhibits anti-viral, anti-bacterial and anti-inflammatory immune protective properties. In addition to generalized immune support, randomized clinical trials suggest lactoferrin specifically may help to improve the rate of eradication in *H. pylori* infection.

Immunoglobulin G. Immunoglobulins are proteins which confer immune-boosting benefits. A 2012 double blind, placebo-controlled study in adult men and women found that those who consumed an immunoglobulin-rich whey protein and lactoferrin supplement experienced significantly fewer colds and cold-related symptoms than those who consumed a placebo.

Alpha/Beta Lactalbumin & Bovine Serum Albumin. Albumins are blood proteins which are naturally found in fresh milk and dairy products due to passive diffusion into milk ducts. Albumins have been shown to bind to free fatty acids and exhibit researched antioxidant activity. In vitro studies suggest bovine serum albumin inhibits lipid oxidation by preventing the interaction of iron chelate with membranes.

Active Peptides are paired amino acids which exhibit positive effects on body systems. Active peptides in **Select Whey® Vanilla** powder include glycomacro-peptide and heart-healthy ACE-inhibitory peptides derived from alpha-lactalbumin and beta-lactoglobulin.

Proteose Peptone 5 is an acid-stable and heat-stable whey protein. Animal studies suggest that proteose peptone may help to suppress the production of Immunoglobulin E (IgE), a class of antibodies produced by the immune system in response to the presence of perceived allergens.

Typical Amino Acid Composition per serving

Alanine	1574 mg
Arginine	816 mg
Aspartic acid	3294 mg
Cysteine	845 mg
Glutamic acid	5422 mg
Glycine	612 mg
Histidine	583 mg
Isoleucine	2041 mg
Leucine	3323 mg
Lysine	2740 mg
Methionine	758 mg
Phenylalanine	1020 mg
Proline	1895 mg
Serine	1574 mg
Threonine	2157 mg
Tryptophan	612 mg
Tyrosine	1020 mg
Valine	1866 mg

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