

Preventive Medicine



Whey Protein Vanilla

DESCRIPTION

Naturally sweetened, undenatured whey protein.

Protein is a key nutrient for maintaining health and fitness. Your body uses protein to build and repair muscle, bone, skin, hair, and nails. Protein is also required to make neurotransmitters, enzymes, hormones, and other body chemicals, and is essential to proper immune function.

Whey Protein is a superior protein source because it is easily digested, has a superior amino acid profile, and a higher biological value than other proteins.* Branched Chain Amino Acids in whey protein help preserve lean body mass.*

Whey Protein also supports the body's levels of glutathione, a powerful antioxidant.*

It 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, and as precursors for glutathione for immune system support.*

Athletes, Body Builders and Active Lifestyles

Branched Chain Amino Acids (BCAAs) benefit muscle metabolism and provide energy directly to muscle tissue.* The body requires higher amounts BCAAs 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 19 grams of high quality protein. It's a delicious, low calorie, low fat, low carbohydrate drink mix supplement that is sugar free! It's 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 our Whey Protein 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.*

*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.

Supplement Facts

Serving Size:	1 Scoop (24 g)
Amount Per Serving	
Calories	90
Calories from Fat	10
Total Fat	1 g
Saturated Fat	0.5 g
Cholesterol	45 mg
Total Carbohydrates	2 g
Sugars	2 g
Protein	19 g
Calcium	100 mg
Sodium	45 mg
Potassium	170 mg
Undenatured Whey Protein	27 g

Typical Amino Acid Profile of Whey Protein concentrate per serving

Isoleucine (BCAA)	1,275 mg
Leucine (BCAA)	2,080 mg
Lysine	1,715 mg
Methionine	475 mg
Phenylalanine	640 mg
Threonine	1,350 mg
Tryptophan	385 mg
Valine (BCAA)	1,165 mg
Histidine	365 mg
Alanine	985 mg
Arginine	510 mg
Aspartic Acid	2,060 mg
Cysteine/cystine	530 mg
Glutamic Acid	3,395 mg
Glycine	385 mg
Proline	1,185 mg
Serine	985 mg
Tyrosine	640 mg

Ingredients: Whey protein concentrate (with added soy lecithin), whey protein isolate, natural vanilla flavor, stevia leaf extract, silica, luo han guo fruit extract.

Contains: Milk, Soy (from lecithin)

SUGGESTED USE

As a dietary supplement, mix one scoop (24 g) 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 a shaker or blender.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

DISTRIBUTED BY

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