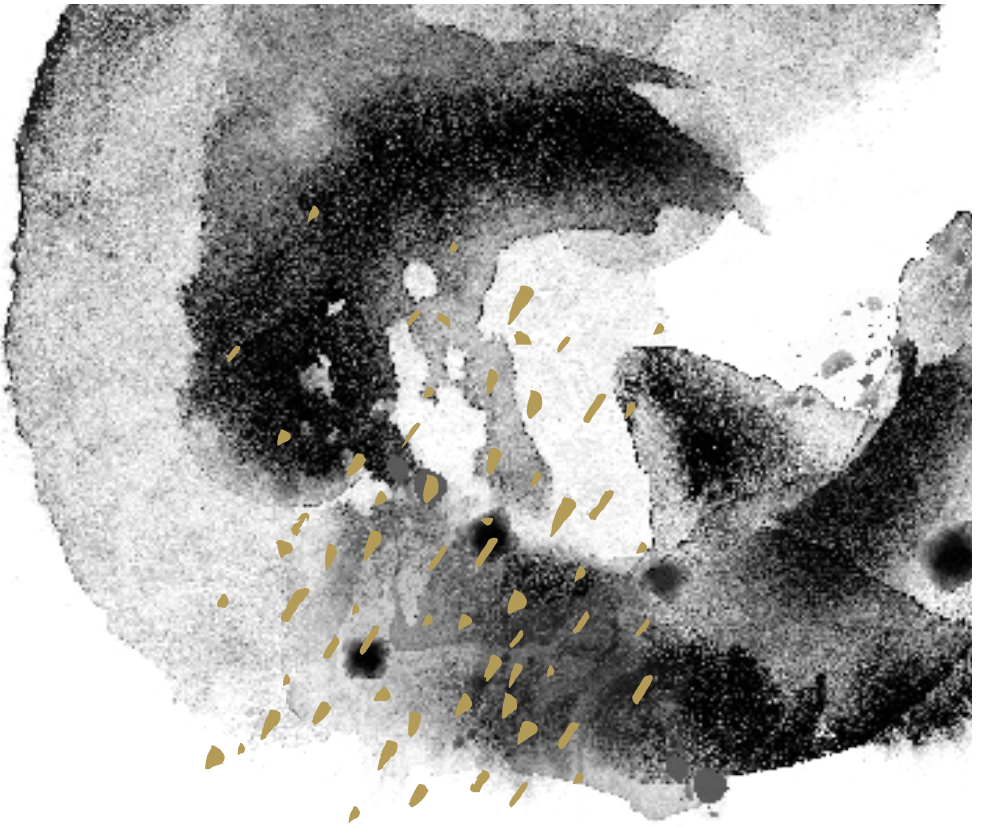


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Whey Protein Isolate

For elite athletes and weekend warriors

Provides 21 g of protein in a bioavailable isolate form with no artificial sweeteners.*

Start the day with a shake

Getting enough protein is essential for broad nutritional needs. Whether for fitness training, promoting weight management, or just maintaining a healthy lifestyle, there are many benefits of protein, and beginning the morning with a shake optimizes the experience:

- | Jump-starts metabolism by converting glucose and fat to energy instead of storing fat, as with a high carbohydrate breakfast.*
- | Helps maintain healthy blood sugar levels.*
- | Promotes a feeling of fullness, reduces feelings of hunger, and supports healthy weight management when combined with exercise and a reduced calorie diet.*

Importance of a strong amino acid profile

The balanced amino acid profile in Whey Protein Isolate, including lysine as well as arginine and the branched chain amino acids leucine, isoleucine, and valine, allows the body to be better able to benefit from the protein.* Whey Protein Isolate helps in building and maintaining muscle, most organs, and hormones, and promoting hemoglobin and antibody activity.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Whey Protein Isolate Chocolate Flavored

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Foundational



Sports performance*

SP110 / Net wt 30.9 oz (876 g)



Whey Protein Isolate Vanilla Flavored

.....



Foundational



Sports performance*

SP111 / Net wt 28.5 oz (807 g)

Typical amino acid amounts (g) per serving

Amino Acid	Grams
Alanine	1.0
Arginine	0.6
Aspartic Acid	2.1
Cysteine	0.5
Glutamic Acid	3.6
Glycine	0.4
Histidine	Essential 0.4
Isoleucine	Essential 1.2
Leucine	Essential 2.2
Lysine	Essential 1.9
Methionine	Essential 0.5
Phenylalanine	Essential 0.7
Proline	1.2
Serine	1.1
Threonine	Essential 1.4
Tryptophan	Essential 0.4
Tyrosine	0.6
Valine	Essential 1.2

Chocolate Flavored

V05

SUPPLEMENT FACTS

Serving Size: One Scoop (29.2 g)
Servings Per Container: 30

One Scoop (29.2 g) Contains:	%DV	One Scoop (29.2 g) Contains:	%DV
Calories	100	Calcium	69 mg 5%
Total Fat	1 g 1%*	Iron	1 mg 6%
Saturated Fat	0.5 g 3%*	Sodium	105 mg 5%
Cholesterol	10 mg 3%*	Potassium	200 mg 4%
Total Carbohydrate	4 g 1%*	Proprietary Blend	30 mg
Dietary Fiber	1 g 4%*	Bromelain†	**
Total Sugars	2 g **	Papain††	**
Includes 1 g Added Sugars	2%*		
Protein	21 g 42%*		

Other Ingredients: Whey Protein Isolate, Alkalinized Cocoa Powder, Flavors, Sunflower Lecithin, Evaporated Cane Juice Sugar, Stevia extract (leaf) (Rebaudioside A 95%), Xanthan Gum, Carboxymethylcellulose Gum.

Contains ingredient derived from milk (whey protein isolate).

Suggested Use: Mix 1 scoop with at least 8 ounces of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

†Bromelain is derived from the pineapple plant (*Ananas comosus*). †† An enzyme derived from Papaya (*Carica papaya*).

Vanilla Flavored

V05

SUPPLEMENT FACTS

Serving Size: One Scoop (26.9 g)
Servings Per Container: 30

One Scoop (26.9 g) Contains:	%DV	One Scoop (26.9 g) Contains:	%DV
Calories	100	Calcium	65 mg 5%
Total Fat	0.5 g <1%*	Sodium	75 mg 3%
Cholesterol	10 mg 3%*	Proprietary Blend	30 mg
Total Carbohydrate	3 g 1%*	Bromelain†	**
Dietary Fiber	1 g 4%*	Papain††	**
Total Sugars	3 g **		
Includes 1 g Added Sugars	2%*		
Protein	21 g 42%*		

Other Ingredients: Whey Protein Isolate, Flavors, Sunflower Lecithin, Evaporated Cane Juice Sugar, Carboxymethylcellulose Gum, Xanthan Gum, Stevia extract (leaf) (Rebaudioside A 95%).

Contains ingredient derived from milk (whey protein isolate).

Suggested Use: Mix 1 scoop with at least 8 ounces of water, juice, or preferred beverage daily or as recommended by your health-care practitioner.

If pregnant, consult your health-care practitioner before using this product.

†Bromelain is derived from the pineapple plant (*Ananas comosus*). †† An enzyme derived from Papaya (*Carica papaya*).

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800-228-1966 | support@thorne.com | thorne.com

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