



# WHEY TO GO<sup>®</sup>

## PROTEIN POWDER



20 GRAMS OF PROTEIN PER SERVING

Solgar<sup>®</sup> Whey to Go<sup>®</sup>. The Protein of Choice.

## Solgar® Whey To Go® Protein Powder:

- rBGH free: manufactured from cows not treated with rBGH, recombinant bovine growth hormone
- Complete essential amino acid profile
- Superior biological protein value
- Cross-flow micro-filtered whey isolate and concentrate
- Low-heat, non-chemical whey extraction process
- With free-form L-Glutamine
- Free-form branched chain amino acids (BCAAs)
- Free of gluten and artificial flavors
- Easy to mix
- Suitable for lacto-vegetarians

# VANILLA

### Supplement Facts

Serving Size 25 g (approx. 1 Level Scoop)

Amount Per Serving		%DV
Calories	90	
Cholesterol	5 mg	2%**
Total Carbohydrate	2 g	<1%**
Sugars	<1 g	***
Protein	20 g	40%**
Calcium † (from whey)	100 mg	10%
Sodium † (from whey)	40 mg	2%

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*\*Daily Value (DV) not established.

### Ingredients:

Cross-Flow Micro-Filtered Whey Protein Isolate††, Cross-Flow Micro-Filtered Whey Protein Concentrate††, Natural Vanilla and Caramel Flavors, Free-Form L-Glutamine, Free-Form BCAA's (Leucine, Valine, Isoleucine), Soy Lecithin (<1%), Hydrolyzed (partially predigested) Whey Protein Concentrate (supplying di, tri, oligo and polypeptides)††. Contains milk (whey) and soy.

### Suggested Use:

As a dietary supplement for adults, mix 25 grams (approx. 1 level scoop) in 8 ounces of water, milk, or your favorite juice and blend or shake vigorously. May also be blended with fresh fruit. Please note the additional calories and/or protein provided by milk or juice.

This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under lid is missing, torn or damaged in any way.

† Naturally occurring; therefore amount may vary.  
 †† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, protease peptides, and lactoferrin.



### Typical Amino Acid Profile per Serving

Essential Amino Acids		Non Essential Amino Acids	
L-Histidine	350 mg	L-Alanine	917 mg
L-Isoleucine	1361 mg	L-Arginine	392 mg
L-Leucine	2060 mg	L-Aspartic Acid	2041 mg
L-Lysine	1530 mg	L-Cystine	470 mg
L-Methionine	388 mg	L-Glutamic Acid	3255 mg
L-Phenylalanine	543 mg	L-Glutamine	1000 mg
L-Threonine	1368 mg	Glycine	302 mg
L-Tryptophan (naturally occurring)	332 mg	L-Proline	1319 mg
L-Valine	1212 mg	L-Serine	917 mg
		L-Tyrosine	558 mg

# CHOCOLATE

## Supplement Facts

Serving Size 34 g (approx. 1 Level Scoop)

Amount Per Serving	%DV
Calories	130
Calories from Fat	5
Total Fat	1 g 2%**
Cholesterol	10 mg 3%**
Total Carbohydrate	10 g 3%**
Dietary Fiber	<1 g 3%**
Sugars	9 g ***
Protein	20 g 40%**
Calcium † (from whey)	100 mg 10%
Sodium † (from whey)	55 mg 2%

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*\*Daily Value (DV) not established.

## Ingredients:

Cross-Flow Micro-Filtered Whey Protein Isolate††, Fruit Sugar (derived from beet), Cross-Flow Micro-Filtered Whey Protein Concentrate††, Dutch Cocoa, Natural Flavors, Free-Form L-Glutamine, Free-Form BCAA's (Leucine, Valine, Isoleucine), Vegetable Gum, MCT (Medium Chain Triglycerides), Soy Lecithin (<1%), Hydrolyzed (partially predigested) Whey Protein Concentrate (supplying di, tri, oligo and polypeptides)††. Contains milk (whey) and soy.

## Suggested Use:

As a dietary supplement for adults, mix 34 grams (approx. 1 level scoop) in 8 ounces of water or your preferred source of milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favorite type of milk.

This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone.

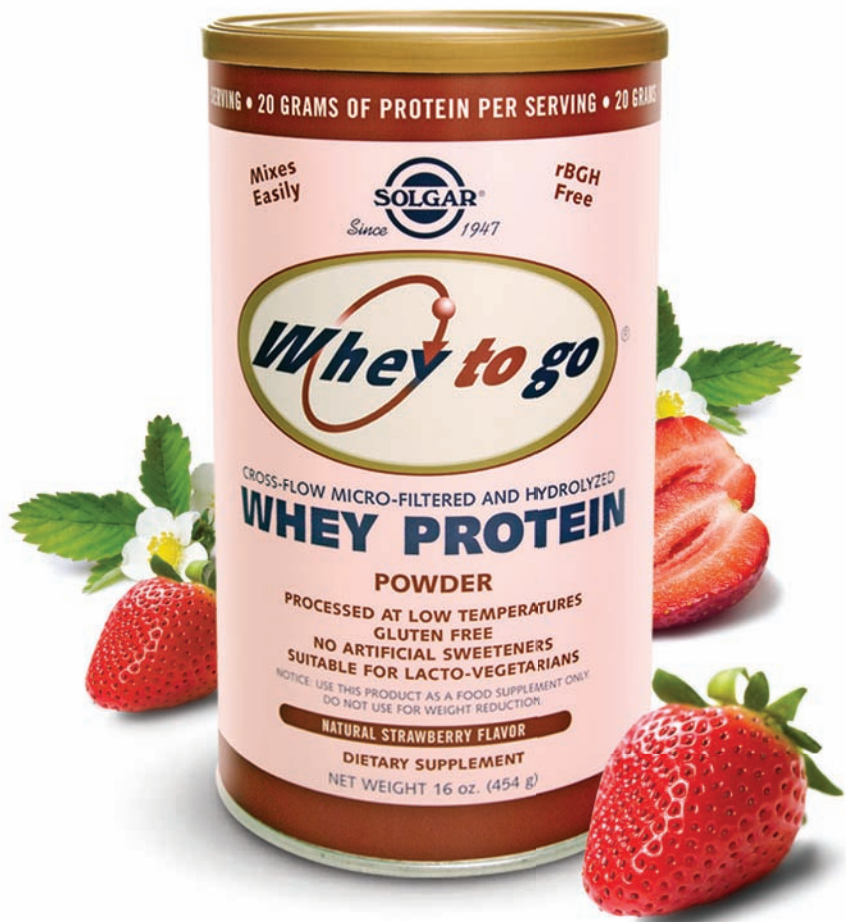
If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under lid is missing, torn or damaged in any way.

† Naturally occurring; therefore amount may vary.  
 †† Supplying  $\beta$ -lactoglobulin,  $\alpha$ -lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, protease peptides, and lactoferrin.



## Typical Amino Acid Profile per Serving

Essential Amino Acids		Non Essential Amino Acids	
L-Histidine	346 mg	L-Alanine	908 mg
L-Isoleucine	1335 mg	L-Arginine	413 mg
L-Leucine	2026 mg	L-Aspartic Acid	2017 mg
L-Lysine	1505 mg	L-Cystine	466 mg
L-Methionine	386 mg	L-Glutamic Acid	3226 mg
L-Phenylalanine	550 mg	L-Glutamine	1000 mg
L-Threonine	1339 mg	Glycine	315 mg
L-Tryptophan (naturally occurring)	329 mg	L-Proline	1287 mg
L-Valine	1203 mg	L-Serine	912 mg
		L-Tyrosine	559 mg



# STRAWBERRY

## Supplement Facts

Serving Size 34 g (approx. 1 Level Scoop)

Amount Per Serving		%DV
Calories	130	
Calories from Fat	5	
Total Fat	0.5 g	<1%**
Cholesterol	10 mg	3%**
Total Carbohydrate	10 g	3%**
Sugars	9 g	***
Protein	20 g	40%**
Calcium † (from whey)	100 mg	10%
Sodium † (from whey)	60 mg	3%

\*\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*\*Daily Value (DV) not established.

## Ingredients:

Cross-Flow Micro-Filtered Whey Protein Isolate††, Fruit Sugar (derived from beet), Cross-Flow Micro-Filtered Whey Protein Concentrate††, Free-Form L-Glutamine, Natural Strawberry Flavor, Free-Form BCAA's (Leucine, Valine, Isoleucine), Vegetable Gum, Soy Lecithin (<1%), MCT (Medium Chain Triglycerides), Red Beet (color), Hydrolyzed (partially predigested) Whey Protein Concentrate (supplying di, tri, oligo and polypeptides)††. Contains milk (whey) and soy.

## Suggested Use:

As a dietary supplement for adults, mix 34 grams (approx. 1 level scoop) in 8 ounces of water or your preferred source of milk and blend or shake vigorously. Please note the additional calories and/or protein provided by your favorite type of milk.

This product is manufactured from cows not treated with rBGH, recombinant bovine growth hormone.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under lid is missing, torn or damaged in any way.

† Naturally occurring; therefore amount may vary.  
 †† Supplying β-lactoglobulin, α-lactalbumin, casein glycomacropeptide, immunoglobulin, bovine serum albumin, protease peptides, and lactoferrin.

## Typical Amino Acid Profile per Serving

Essential Amino Acids		Non Essential Amino Acids	
L-Histidine	354 mg	L-Alanine	931 mg
L-Isoleucine	1372 mg	L-Arginine	407 mg
L-Leucine	2086 mg	L-Aspartic Acid	2060 mg
L-Lysine	1562 mg	L-Cystine	480 mg
L-Methionine	400 mg	L-Glutamic Acid	3295 mg
L-Phenylalanine	557 mg	L-Glutamine	1000 mg
L-Threonine	1377 mg	Glycine	312 mg
L-Tryptophan (naturally occurring)	340 mg	L-Proline	1316 mg
L-Valine	1225 mg	L-Serine	931 mg
		L-Tyrosine	571 mg



## Whey is the protein of choice because of its:

- efficient utilization in the body due to its high biological value (BV) – the highest of all natural proteins
- natural source of branched chain amino acids
- natural source of lactalbumin
- unique source of immunoglobulins

Solgar® Whey To Go® Protein Powder is a highly efficient, scientifically advanced protein enhancement product. It is formulated with a blend of uniquely processed whey protein isolate and whey protein concentrate. Cross-flow micro-filtration adds to Whey To Go® Protein Powder's amino acid availability, absorption, and protein utilization. It's available in the following natural flavors: Chocolate, Vanilla, and Strawberry.

Solgar® Whey To Go® Protein Powder also includes two beneficial ingredients, free-form L-Glutamine and free-form Branched Chain Amino Acids (BCAAs). L-Glutamine plays a significant role in supporting muscle mass.\* BCAAs help promote protein synthesis which assists in decreasing the breakdown of muscle under stressful conditions.\* Both L-Glutamine and BCAAs are used by muscle tissue as a source of energy.\*

In addition, Solgar® Whey To Go® Protein Powder is free of gluten. Plus, its delicious flavor blends easily and tastes great in water, milk, or your favorite juice. It can even be added to sauces, soups, cereals, muffins, pancakes, and other bake mixes. It is an excellent way to add extra high-quality protein to your daily caloric intake.

\*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.

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### OUR ENVIRONMENTAL COMMITMENT:

Solgar is dedicated to promoting the health and well-being of you and the environment.

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500 WILLOW TREE ROAD, LEONIA, NJ 07605  
WWW.SOLGAR.COM