

RIGHT WHEY™ VANILLA

High quality, locally sourced whey protein from the green pastures of New England and New York

About whey protein

Whey protein 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, precursors for glutathione production as well as alpha-lactalbumin and immunoglobulins for immune system support.*

Right Whey™ is:

- Rich in branched chain amino acids
- Available in Chocolate and Vanilla flavors
- Great tasting and easily mixed making it the perfect base for any health shake or smoothie
- Combined with Fibersol®-2 brand fiber to support regularity*

Recommended for:

- Active lifestyles
- Athletes, body builders and people who exercise
- Low calorie diets as adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal
- Restricted diets

Athletes, Body Builders and Active Lifestyles

Branched Chain Amino Acids benefit muscle metabolism and provide energy directly to muscle tissue.* The body requires higher amounts of branched chain amino acids 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 21 grams or 80% high quality protein. It's a delicious, low calorie, low fat, low carbohydrate drink mix supplement that is sugar free! **Right Whey™** is 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 used our **Right Whey™** 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.* Natural protein fractions such as alpha-lactalbumin and immunoglobulins help strengthen the immune system.*

Suggested Use: As a dietary supplement, mix 33.2 g (approximately one scoop) 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 shaker or blender.

Supplement Facts

Serving Size 33.2 g (1 Scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 130	
Total Fat 1.5 g	2%†
Saturated Fat 1 g	5%†
Cholesterol 60 mg	20%†
Sodium 50 mg	2%
Total Carbohydrates 7 g	3%†
Dietary Fiber** 3 g	11%†
Protein 21 g	42%†
Calcium 190 mg	15%
Potassium 200 mg	4%

Whey Protein Concentrate 28 g *

Digestion Resistant Maltodextrin
(Fibersol®-2 brand) 2 g *

Stevia Leaf Extract 220 mg *

†Percent Daily Values are based on a 2,000-calorie diet.
*Daily Value not established.

Other Ingredients: guar gum, natural vanilla flavor.

Typical amino acid profile per serving.***

Isoleucine	1.34 g
Leucine	2.18 g
Lysine	1.93 g
Methionine	0.38 g
Phenylalanine	0.67 g
Threonine	1.34 g
Tryptophan	0.44 g
Valine	1.24 g
Histidine	0.36 g
Alanine	1.00 g
Arginine	0.48 g
Aspartic Acid	2.21 g
Cysteine/cystine	0.25 g
Glutamic Acid	3.78 g
Glycine	0.46 g
Proline	1.32 g
Serine	1.09 g
Tyrosine	0.50 g

***Typical amino acid and protein values are an average representation of samples taken across the manufacturing process.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

VEGETARIAN / GLUTEN FREE / SOY FREE

Fibersol® is a registered Trademark of ADM/Matsutani LLC and Matsutani Chemical Industry Co.LTD. Fibersol®-2 is a soluble dietary fiber produced by ADM/Matsutani LLC.

*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.

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