

Where Science and Nature Come Together.®

FOODSCIENCE® of Vermont

Whey Superior Charge

High quality New Zealand whey protein from pristine herds in New Zealand!

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.*

Whey Superior Charge is:

- Micro-filtrated
- Rich in branched chain amino acids
- Available in Vanilla flavor
- Great tasting and easily mixed making it the perfect base for any health shake or smoothie
- Combined with 2 g of Fibersol-2™ brand fiber to support regularity*
- Low in calories and Lactose

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! **Whey Superior Charge** 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 **Whey Superior Charge** 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.*

Supplement Facts

Serving Size: 1 Scoop (34 g)

Amount Per Serving

Calories	120
Calories from Fat	15
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	30 mg
Total Carbohydrates	6 g
Dietary Fiber	2 g
Vitamin A (from whey)	26 IU
Calcium (from whey)	108 mg
Iron (from whey)	0.23 mg

Protein	21 g
Calcium	108 mg
New Zealand Whey Protein Concentrate	27.8 g
Digestion Resistant Maltodextrin** (Fibersol-2™ brand)	2.2 g
Stevia Leaf Extract	200 mg

Other Ingredients: guar gum and natural vanilla flavor.

Typical Amino Acid Profile of Whey Protein concentrate per serving***

Isoleucine	1.47 g
Leucine	2.39 g
Lysine	1.97 g
Methionine	0.55 g
Phenylalanine	0.74 g
Threonine	1.55 g
Tryptophan	0.44 g
Valine	1.34 g
Histidine	0.42 g
Alanine	1.13 g
Arginine	0.59 g
Aspartic Acid	2.37 g
Cysteine/cystine	0.61 g
Glutamic Acid	3.91 g
Glycine	0.44 g
Proline	1.37 g
Serine	1.13 g
Tyrosine	0.74 g

Typical protein composition of Whey Protein concentrate per serving***

a-Lactalbumin	2.68 g
B-Lactoglobulin	9.57 g
Glycomacropeptide	3.92 g
Immunoglobulin G	0.84 g
Bovine Serum Albumin	0.32 g
Proteose Peptone 5	0.87 g

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

- **Contains: Milk.**

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this product.

Suggested Use: As a dietary supplement, mix one scoop (34 g) daily in 6-8 ounces of water, milk substitute or your favorite beverage. For best results, serve cold and use shaker or blender.

**Dietary fiber from digestion resistant maltodextrin must be tested using AOAC method #2001.03

Sold Exclusively Through Retailers.

0300591.030 Creamy Vanilla (30 Servings)

*This statement has 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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