



WheyBasics

INTRODUCED MAY 2010

What Is It?

WheyBasics provides 21 grams of high quality whey protein per serving in a great-tasting naturally flavored and sweetened formula. Whey protein naturally contains high levels of l-glutamine and branched chain amino acids, as well as immunoglobulins and lactoferrin to support nutritional health and immune system function.

Features Include

- 21 grams protein
- 3 grams l-glutamine
- 4.75 grams branched chain amino acids, including 2 g l-leucine
- Low in fat and < 1% lactose
- Instantized for easy mixing

Nutritional considerations include

- Supports immune function with protein, l-glutamine, lactoferrin and immunoglobulins*
- Promotes healthy weight management in combination with diet and exercise*
- Supports sports nutrition with protein, l-glutamine and branched chain amino acids for healthy muscle function and muscle recovery*
- Encourages overall daily wellness with high quality protein nutrition*

What Is The Source?

Whey protein isolate is extracted using membrane technology to create a highly purified, undenatured protein isolate. Lecithin is derived from soy.

Recommendations

Pure Encapsulations recommends mixing 1 serving with water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

WheyBasics

1 scoop contains V

calories	90
fat	0 g
sodium	45 mg
carbohydrate	1 g
dietary fiber	0 g
sugars	<1 g
protein	21 g
stevia	70 mg

Contains milk, soy

other ingredients: whey protein isolate, soy lecithin, natural vanilla bean flavor

serving size: WheyBasics Vanilla Bean flavor: 24 g (1 scoop)

servings per container: 20

****Warning: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

Amino Acid Profile

serving size 24 g (1 scoop)

alanine	1.21 g	lysine	1.82 g
arginine	0.42 g	methionine	0.42 g
aspartic acid	2.36 g	phenylalanine	0.61 g
cystine	0.49 g	proline	1.31 g
glutamic acid	3.22 g	serine	0.98 g
glycine	0.40 g	threonine	1.59 g
histidine	0.26 g	tryptophan	0.19 g
isoleucine	1.40 g	tyrosine	0.51 g
leucine	2.10 g	valine	1.26 g

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.