



WheyBasics

Introduced 2010

What Is It?

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

Features Include

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

Nutritional Considerations Include

- Supports immune function with protein, lactoferrin and immunoglobulins*
- Promotes healthy weight management† in combination with diet and exercise*
- Supports sports nutrition with protein 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. The protein is sourced from cows in Idaho. The cows are grass-fed (pesticide-free) and are not treated with hormones. The whey protein is cold-processed using acid-free processing. Lecithin is derived from sunflower.

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

each scoop (24 g) 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

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

Contains milk

serving size: 24 g (1 scoop)
servings per container: 18

Recommendations: Mix 1 serving with water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth

**** 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

*Provides weight management support as part of a healthy lifestyle with a reduced calories diet and regular exercise.

*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.