Whey Protein Isolate
for a healthy whey of life®

Whey protein is a high quality source of protein naturally found in dairy. Whey protein is a complete protein, containing all of the essential and non-essential amino acids needed by the body. Whey protein is easily digested and rapidly absorbed, an ideal protein source for a healthy whey of life®.

Whey protein isolate (WPI) is the purest form of whey protein and contains between 90 – 95% protein. WPI contains a higher concentration of protein per gram, because other ingredients, including lactose, fat and some vitamins and minerals, are removed.

Good Source of Leucine

WPI is a rich source of branched chain amino acids (BCAA's), including leucine. Leucine performs the key role as a metabolic trigger to initiate the process of muscle protein synthesis (MPS). Research has shown that 2.5 – 3.0 g of leucine per meal are needed to maximize MPS.

	Leucine
1 scoop (36 g) whey protein isolate	3.2 g
1 scoop (36 g) soy protein isolate	2.4 g
4 oz. sirloin steak	2.0 g
4 oz. chicken breast	2.0 g
1 cup low-fat yogurt	1.1 g
1 cup skim milk	0.8 g
1 egg	0.5 g
2 T peanut butter	0.5 g
1 slice wheat bread	0.1 g

Whey Protein Isolate Consumption Reduces Calories

Protein controls how much we eat during the day. In comparison with a normal protein diet, a high protein diet helps delay cravings and results in fewer calories being consumed at subsequent meals. Not all proteins are equal nutritionally; they do not have the same amino acid profile. High quality proteins, like whey protein isolate, are more effective in stimulating muscle protein synthesis and can be used in lower amounts to achieve optimal health benefits with the least calories.

Suitable for Lactose Intolerance

WPI is suitable for lactose intolerance, as it contains little or no lactose.* WPI is bland in flavor, making it easy to incorporate into lactose-free recipes.

*Always be sure to read the ingredient label, and check with the manufacturer, to verify the whey protein product contains little or no lactose.

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