



Category 10
Specialty Supplements



GOODFORYOU
GOOD FOR LIFE

Whey Protein

(Chocolate) 2 lbs #102180

Description: **Whey Protein** is considered to have the highest biological value of any protein source, superior in essential amino acid content to beef, milk, casein or soy. GFY Whey Protein is a delicious blend of three of the highest quality whey protein concentrates and isolates from around the world; micro-filtered, ion-exchanged and enzymatically hydrolyzed (partially predigested). This blend of specially processed whey proteins is designed to maximize amino acid absorption and biological value (BV). Extra L-Glutamine has been added (125 mg per serving) because of its important role in protecting muscle tissue from breaking down under stressful, vigorous physical activity.

Contents / Ingredients

Protein is the building block of life. Essential to a balanced diet and strong muscles, both serious athletes and serious health minded people use protein to enhance their health and performance. Whey Protein's ability to build muscle in athletes makes whey the biggest selling protein supplement in the world. However, Whey Protein has several other beneficial properties that should not be overlooked. Whey Protein is a potent ally to the general immune system. The protein in Whey has been shown to dramatically raise glutathione levels, which is an essential water-soluble antioxidant that protects cells and serves to neutralize toxins such as peroxides, heavy metals, carcinogens, and many others. In animal studies, Whey Protein concentrate consistently raised glutathione levels beyond those of any other protein studied, including soy. In fact, glutathione is so necessary to a healthy immune system that it appears immunity itself can be modulated by glutathione levels. Sufferers of diseases such as AIDS, arteriosclerosis, Alzheimer's and Parkinson's often exhibit reduced glutathione levels, however, a small pilot study of HIV-positive men who ate Whey Protein found dramatic increases in glutathione levels, with two out of three men reaching an ideal weight.

In its ability to enhance the immune system, whey protein also fights infections. Animal fed Whey Protein showed increased response from both the humoral and cellular immune systems to a variety of challenges, such as salmonella and streptococcus pneumonia.

Traditional Therapeutic Action

Supplement Facts

	Serving Size 1/2 cup (42 g)	Servings per Container 21	Amount Per Serving	% Daily Value
Calories			160	
Calories from fat			15	
Total Fat			1.5 g	2% (**)
Saturated fat			1.2 g	6% (**)
Sodium			81 mg	4%
Total Carbohydrate			12 g	4% (**)
Sugars			7.5 g	(*)
Protein			24 g	50% (**)
Calcium			72 mg	8%
Potassium			137 mg	4%
Stevia rebaudiana Extract (Leaf)			82 g	(*)

(*) Daily Value not established.

(**) Percent Daily Values are based on a 2,000 calorie diet

Other ingredients: Whey Protein Blend [Micro-Filtered Whey Protein Concentrate (providing beta-lactoglobulin, alpha-lactalbumin, Immunoglobulins and Serum Albumin), Ion-Exchanged Whey Protein Isolate (providing beta-lactoglobulin, alpha, lactalbumin, Immunoglobulins and Glycomacro Peptides) and Enzymatically Hydrolyzed Whey Protein Concentrate], Fructose, Cocoa, Natural Flavors, Free-Form L-Glutamine, Lecithin, Xanthan Gum and Stevia Rebaudiana Herbal Extract. Contains no salt, starch, yeast, wheat, gluten, corn or preservatives.

Again, this effect was not seen with other proteins. Perhaps the most exciting potential of Whey Protein is its ability to fight cancer. In vitro research has shown that the growth of breast cancer is strongly inhibited when exposed to low concentrations of Whey Protein.

Finally, Whey is a highly complex protein that is made up of many subfractions, including betalactoglobulin, immunoglobulins, bovine serum albumin (NSA), lactoperoxidases, lysozyme, lactoferrin and others. Each of these subfractions has its own unique biological properties and benefits. Lactoferrin, for instance, is found in tiny amounts in the human body, yet appears to be a first-line immune-system defense. In the digestive tract, lactoferrin may help by stimulating intestinal cell growth and enhancing the growth of "good" intestinal microflora. A strong antioxidant, lactoferrin has positive immunomodulatory effects and scavenges free iron, which prevents uncontrolled iron-based free radical reactions and protects certain cells from lipid peroxidation.

It would be wise to incorporate Whey Protein into a supplement program just to receive the benefits of lactoferrin. But when these positive influences are combined with Whey Protein's many other strengths, including helping the immune system and fighting cancer, it should become a valuable element of any program.

SUGGESTED DOSAGE: Add 1/2 cup (42 g) to 8 ounces of cold water, or milk and blend. Also consider adding fresh fruit and Flax Seed Oil for enhanced nutritional benefit.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.