



Essential 8's Whey Protein

Whey Protein Supplementation

Whey Protein is a great-tasting blend that maximizes lean body mass and promotes fat loss while preventing post-training muscle soreness and breakdown.*¹ It is an easily digested, low-carb source of 25 grams of pure whey protein isolate made from grass-fed and rBGH-free cows. The blend contains amino acids, all 9 essential amino acids, concentrated levels of BCAAs, and no added sugars! Research suggests that Whey Protein may help support:

- Muscle growth and repair*
- Energy levels during endurance sports*
- Fat loss and weight management*
- Healthy immune function*

How Whey Protein Works

Whey protein isolate is considered the best and purest form of natural food protein available.*^{2,3} Whey Protein contains all 9 essential amino acids the body uses to make proteins to break down food for nutrients to support the body.*

Whey is a complete protein since it has the highest concentration of branched-chain amino acids (BCAAs) including isoleucine, leucine, and valine, critical for optimal athletic performance and recovery.*¹ The BCAAs in Whey Protein are metabolized directly into tissues critical for muscle repair, muscle-protein synthesis, and muscle growth.*^{1,4,5} The quick delivery of all amino acids into the muscles increases energy during endurance sports when consumed pre-workout.*⁵ The fast absorption also allows for rapid recovery of muscles post-workout.*⁵

Whey protein isolate may also promote beneficial outcomes when consuming a high-protein diet for weight loss.*³ Protein consumption produces satiety for longer periods that may result in calorie reduction. Whey protein isolate produces anabolic processes that ultimately cause changes in body mass and composition, making it an excellent choice for weight management.*⁴

Research shows that the bioactive components of whey protein isolate may promote even more health benefits due to its high level of antioxidants and immune-enhancing abilities.*^{3,6} Specifically, the large supply of the amino acid cystine included in Whey Protein enhances glutathione levels and supports healthy immune function.*²

Whey Protein is an excellent nutritional supplement for individuals looking for a pure protein source made from grass-fed and rBGH-free cows to complement an active and healthy lifestyle. The formula is a rich source of BCAAs, bioactive peptides, antioxidants, and immunoglobulins with a host of health benefits.*⁷



Whey Protein - Chocolate

Supplement Facts

Serving Size: About 1 Scoop (32 g)

Servings Per Container: About 28

Ingredients:	Amount	%DV*
Calories	120	
Total Carbohydrate	3 g	1%*
Dietary Fiber	0.5 g	2%*
Protein	25 g	
Calcium	140 mg	11%
Iron	0.8 mg	4%
Sodium	55 mg	2%
Potassium	220 mg	5%

Other Ingredients: Whey Protein Isolate, Cocoa Bean Powder processed with Alkali, Natural Flavor, Xanthan Gum Powder, Stevia Leaf Extract.
Contains: Milk.

Directions: Mix 1 scoop in 8-10 ounces of water as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Amino Profile

Typical Amino Acid Composition in Grams
Per Serving

Amino Acid	Amount
Cystine	0.55 g
Methionine	0.55 g
Aspartic Acid	2.75 g
Threonine	1.68 g
Serine	1.15 g
Glutamic Acid	4.53 g
Proline	1.38 g
Glycine	0.35 g
Alanine	1.25 g
Valine	1.48 g
Isoleucine	1.6 g
Leucine	2.65 g
Tyrosine	0.65 g
Phenylalanine	0.75 g
Histidine	0.43 g
Lysine	2.4 g
Arginine	0.53 g
Tryptophan	0.35 g

References:

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3. Hoffman, J. R., & Falvo, M. J. (2004). Protein—Which is best? *Journal of Sports Science and Medicine*, 3, 118-130.
4. Solak, B. B., & Akin, N. (2012). Health benefits of whey protein: A review. *Journal of Food Science and Engineering*, 2, 129-137.
5. Cooke, M. B., Rybalka, E., Stathis, C. G., Cribb, P. J., & Hayes, A. (2010). Whey protein isolate attenuates strength decline after eccentrically-induced muscle damage in healthy individuals. *Journal of the International Society of Sports Nutrition*, 7(30), 1-9.
6. Ha, E., & Zemel, M. B. (2003). Functional properties of whey, whey components, and essential amino acids: Mechanisms underlying health benefits for active people. *The Journal of Nutritional Biochemistry*, 14(5), 251-258.
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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



NON-GMO



GLUTEN-FREE



PRODUCED IN A
cGMP FACILITY

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