

Superior Protein Supplementation

True Whey



Little Miss Muffet was nobody's fool. As she sat on a tuffet eating her curds and whey, she was consuming one of the most highly digestible forms of high-quality protein ever discovered. Whey is a powerful source of complete,

biologically active, immune-boosting proteins. Whey is one of the most digestible sources of protein, highly efficient and a powerhouse of nutrients.

What is whey? As milk curdles, the caseins—the solids—become cheese and the remaining liquid is the whey. Source Naturals TRUE WHEY is not denatured or subjected to high heat, protecting important immunoglobulins, amino acids, and proteins that are lost in many processes.

Source Naturals TRUE WHEY protein powder is manufactured to one of the highest standards available, made in a unique process that retains important nutrients. It is an excellent addition to a variety of diet and exercise programs and it can be an important part of your overall health and well-being.



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Protein Essentials

Protein is fundamental for growth and development. It provides us with energy and is needed for manufacturing the hormones, antibodies, enzymes, tissues, and organs that comprise our bodies. It also helps the body maintain the proper acid-alkali balance. Yet even if many people know the importance of protein, many American diets are unbalanced with too many processed fats and refined carbohydrates. Health is often compromised because the body is starved for the nutrients it needs.

This is the Whey

TRUE WHEY is purified, concentrated, and dried so it is easy to mix with dairy, dairy substitutes, fruit juice or other liquids. Whey is among the best protein sources for digestibility, biological value, and nitrogen protein utilization. It is an excellent source of many vitamins and minerals. Simply stated, whey is the way to add important nutrients to your daily diet.

Athlete's First Choice

Whey protein has gained considerable attention in sports nutrition because it contains the highest concentration (26%) of branched chain amino acids (BCAAs) of all natural food protein sources. These amino acids promote protein synthesis and maintain muscle tissue. BCAAs differ from other types of amino acids in that they are directly metabolized by skeletal muscle into glucose, then utilized as an energy source. They are thought to preserve muscle mass, delay fatigue, and promote recovery both during and after prolonged aerobic exercise. Whey is a preferred dietary supplement for endurance, resistance, and strength-trained athletes.



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Immunity Enhancement

The immune system protects us from unwanted foreign organisms. Whey has ingredients that have been shown to enhance the immune system, such as immunoglobulins, lactoferrin, and glutamine. Glutamine is essential during times of stress or illness and for maintaining muscle mass. Glutathione (GSH), our body's critical antioxidant, is produced from the protein components in TRUE WHEY. Glutathione is our body's own defense mechanism for both intra- and extra-cellular oxidative stress. Lactoferrin is important in developing immunity response cells and it regulates the use of iron in the body. Immunoglobulins are transporters of antibodies that combat foreign substance invasion and they stabilize and protect the digestive tract. The specialized processing of TRUE WHEY ensures that you obtain high amounts of immunoglobulins and lactoferrin, higher than most milk products. In each 10 grams of TRUE WHEY, you receive 8 grams of protein, 900 mg immunoglobulins, 190 mg lactoferrin, 38 mg calcium, 60 mg potassium, and 30 mg phosphorus.

Whey to Wellness

Whether you are an athlete or simply a person who wants to have the benefits of high quality, digestible, grass pasture fed, hormone-free, pesticide-free, herbicide-free, and GMO-free complete protein in a daily health regimen, Source Naturals is committed to producing the means to enable you to take charge of your own health and wellness.

References:

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The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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