



# HEALTHY WHEY BERRY

NEW ZEALAND WHEY PROTEIN WITH 2 GRAMS OF ADDED FIBER PER SERVING

High quality New Zealand whey protein from pristine herds in New Zealand!

## About whey protein

Whey protein is a naturally complete protein that provides essential and non essential amino acids to support healing, muscle building, muscle and tissue recovery, energy and the immune system.\* Whey protein is a great source of branched chain amino acids for muscle support, precursors for glutathione production as well as alpha-lactalbumin and immunoglobulins for immune system support.\*

## Healthy Whey Berry is:

- Micro-filtrated
- Rich in branched chain amino acids
- Great tasting and easily mixed making it the perfect base for any health shake or smoothie
- Combined with 2 g of Fibersol-2™ brand fiber to support regularity\*

## Recommended for:

- Active Lifestyles
- Athletes, body builders and people who exercise
- Low calorie diets as adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal
- Restricted diets

## Athletes, Body Builders and Active Lifestyles

Branched Chain Amino Acids benefit muscle metabolism and provide energy directly to muscle tissue.\* The body requires higher amounts of branched chain amino acids during and following exercise as they are taken up directly by the skeletal muscles versus first being metabolized through the liver, like other amino acids. Low BCAA levels contribute to fatigue and they should be replaced in one-hour or less following exercise or participation in a competitive event.

## Low Calorie or Restricted Diet

Each serving of **Healthy Whey Berry** contains 21 grams of added protein from New Zealand whey protein concentrate and 2 grams of added fiber from Fibersol-2™ (a water-soluble digestion resistant fiber). It's a delicious, low calorie, low fat, low carbohydrate drink mix supplement that is sugar free! **Healthy Whey Berry** is a great addition to any weight management program, not as a meal replacement, but as a source of energy and to curb appetite.\* Many find their appetite at mealtime is reduced when they used our **Healthy Whey Berry** as a mid-morning or mid-afternoon snack.\*

## Immune System Support\*

Whey protein naturally contains precursors for glutathione production. Glutathione helps defend the body against free radicals that can challenge or weaken the immune system.\* Natural protein fractions such as alpha-lactalbumin and immunoglobulins help strengthen the immune system.\*

## Supplement Facts

**Serving Size: 1 Scoop (32.6 g)**

### Amount Per Serving

|                     |         |
|---------------------|---------|
| Calories            | 130     |
| Calories from Fat   | 15      |
| Total Fat           | 1.5 g   |
| Saturated Fat       | 1 g     |
| Cholesterol         | 80 mg   |
| Sodium              | 210 mg  |
| Total Carbohydrates | 7 g     |
| Sugars              | 1 g     |
| Dietary Fiber       | 4 g     |
| Protein             | 22 g    |
| Vitamin A           | 90.2 IU |
| Calcium             | 85 mg   |
| Iron                | 0.2 mg  |

|  |          |
|--|----------|
| New Zealand Whey Protein Concentrate                   | 26.775 g |
| Digestion Resistant Maltodextrin** (Fibersol-2™ brand) | 2 g      |
| Stevia rebaudiana Leaf Extract                         | 100 mg   |

Other Ingredients: natural berry flavor, guar gum, red beet powder (color).

## Typical Amino Acid Profile of Whey Protein concentrate per serving\*\*\*

|                  |        |
|------------------|--------|
| Isoleucine       | 1.02 g |
| Leucine          | 2.18 g |
| Lysine           | 1.64 g |
| Methionine       | 0.40 g |
| Phenylalanine    | 0.67 g |
| Threonine        | 0.89 g |
| Tryptophan       | 0.27 g |
| Valine           | 1.00 g |
| Histidine        | 0.39 g |
| Alanine          | 0.90 g |
| Arginine         | 0.69 g |
| Aspartic Acid    | 2.01 g |
| Cysteine/cystine | 0.75 g |
| Glutamic Acid    | 3.01 g |
| Glycine          | 0.33 g |
| Proline          | 0.71 g |
| Serine           | 0.76 g |
| Tyrosine         | 0.64 g |

## Typical protein composition of Whey Protein concentrate per serving\*\*\*

|                      |          |
|----------------------|----------|
| a-Lactalbumin        | 3.43 g   |
| B-Lactoglobulin      | 7.84 g   |
| Glycomacropeptide    | 1.078 g  |
| Immunoglobulin G     | 0.882 g  |
| Bovine Serum Albumin | 0.9555 g |
| Protease Peptone 5   | 0.245 g  |
| Lactoferrin          | 35.46 mg |

\*\*\*Typical amino acid and protein values are an average representation of samples taken across the manufacturing process.

## Contains: Milk.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** As a dietary supplement, mix one scoop (32.6 g) daily in 6-8 ounces of water, milk, milk substitute or your favorite beverage, or use as directed by your healthcare practitioner. For best results, serve cold and use a shaker bottle or blender.

Fibersol-2™ is a Trademark of Matsutani Chemical Industry Co., LTD.

\*\*Dietary fiber from digestion resistant maltodextrin must be tested using AOAC method #2001.03

Distributed by  
New England Family Health Center  
Weston, MA 02493  
781-237-8505  
[www.drbarrytaylor.com](http://www.drbarrytaylor.com)

02GP337.030

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.

Copyright© 2009. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.