

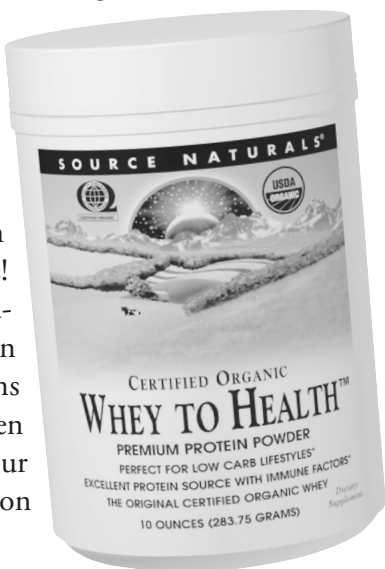
Whey to Health™

Certified Organic Premium Protein Powder



Every day, amazing new clinical research emerges about unsung natural foods that can help you live a stronger, longer and more energetic life. Whey, the liquid that remains after making cheese, is now highly regarded as one of these superfoods.

Source Naturals WHEY TO HEALTH is the first Certified Organic Whey protein powder available in health food markets! WHEY TO HEALTH is low in carbs, manufactured without chemicals, rich in immunocological factors and contains extremely high quality proteins. It is even more easily digested than soy. Improve your wellness health plan today – get on the WHEY TO HEALTH.



Strategies for WellnessSM

The Whey to Trust

Source Naturals WHEY TO HEALTH™ is the only product you can trust to be Certified Organic whey by Quality Assurance International in accordance with the USDA National Organic Program. WHEY TO HEALTH™ is the only whey offering a guaranteed alternative to whey products that could possibly contain genetic engineering, antibiotics and chemical pesticides.

The Healthy Whey

Source Naturals WHEY TO HEALTH is a nutritious food source of many compounds, including proteins, vitamins, minerals and immunocological factors.

The main proteins in whey are beta-lactoglobulin and alpha-lactalbumin. Lesser proteins include lactoferrin, glycomacropetides, and the immunoglobulins IgG, IgA and IgM. Whey contains complete proteins, which means that this product supplies all of the essential amino acids in the proper proportions that are required by people for nourishment. Because whey provides a complete protein source and is easily digestible, it is considered an excellent quality protein and is more easily digested than wheat, beef or soy proteins. Whey also contains a high proportion of protein-building Branched Chain Amino Acids (BCAAs) leucine, isoleucine and valine, which promote protein synthesis and are required to maintain muscle tissue. Researchers theorize that BCAAs preserve muscle mass, delay fatigue and promote recovery both during and after prolonged exercise. In a human clinical study, whey protein was found effective in increasing muscle mass and strength as well as decreasing fat mass in athletes.

Whey also contains many vitamins and minerals, including the essential B vitamins thiamin, riboflavin, niacin, pantothenic acid, B6,

folic acid and B12. Whey also is a source of the essential minerals calcium, zinc, magnesium and phosphorus.

Whey is such an amazing superfood that it even contains powerful immunocological factors such as glutamine, glutathione, lactoferrin, alpha-lactalbumin and the immunoglobulins IgG, IgA and IgM. These compounds contribute to immune modulating activities, such as protecting the body from foreign organisms and increasing the activity of immune response cells.

Whey protein is also one of the richest sources of glutathione precursors—cysteine and gamma-glutamylcysteine. Glutathione directly scavenges free radicals to defend your cells against intra- and extra-cellular oxidative stress, and is therefore essential for healthy immune function. In clinical research, whey supplementation directly increased plasma glutathione levels in glutathione-compromised participants.

The Whey to Wellness

You may not have heard about the many benefits of whey from mainstream health news yet, but you can benefit from this research right now. Health food stores and outlets are the only places where you will find innovative superfoods such as Certified Organic whey. Join this wellness revolution now and take the WHEY TO HEALTH - it's only available from Source Naturals.

References

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- Ha E and Zemel M. (2003). Functional properties of whey, whey components, and essential amino acids: mechanisms underlying health benefits for active people (review). *J Nutr Biochem*. 14(5): 251-258.



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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.