



# WheyBasics

Introduced 2010

## What Is It?

WheyBasics provides 21 grams of high quality cold-processed, undenatured whey protein per serving in a great-tasting, naturally flavored and sweetened formula. Whey protein naturally contains high levels of branched chain amino acids, as well as immunogloblins and lactoferrin to support nutritional health and immune system function.\*

## Features Include

- 21 grams protein per serving
- 4.75 grams branched chain amino acids, including 2 g l-leucine per serving
- Low in fat and < 1% lactose
- Instantized for easy mixing

## Nutritional Considerations Include

- Supports immune function with protein, lactoferrin and immunoglobulins\*
- Promotes healthy weight management† in combination with diet and exercise\*
- Supports sports nutrition with protein and branched chain amino acids for healthy muscle function and muscle recovery\*
- Encourages overall daily wellness with high quality protein nutrition\*

## What Is The Source?

Whey protein isolate is extracted using membrane technology to create a highly purified, undenatured protein isolate. The protein is sourced from cows in Idaho. The cows are grass-fed (pesticide-free) and are not treated with hormones. The whey protein is cold-processed using acid-free processing. Lecithin is derived from sunflower.

## Recommendations

Pure Encapsulations recommends mixing 1 serving with water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

## WheyBasics

each scoop (24 g) contains v

calories	90
fat	0 g
sodium	45 mg
carbohydrate	1 g
dietary fiber	0 g
sugars	<1 g
protein	21 g
stevia	70 mg

other ingredients: whey protein isolate, sunflower lecithin, natural vanilla bean flavor

*Contains milk*

serving size: 24 g (1 scoop)  
servings per container: 18

Recommendations: Mix 1 serving with water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth

**\*\* WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision.**

### Amino Acid Profile

serving size 24 g (1 scoop)

alanine.....	1.21 g	lysine.....	1.82 g
arginine.....	0.42 g	methionine.....	0.42 g
aspartic acid.....	2.36 g	phenylalanine.....	0.61 g
cystine.....	0.49 g	proline.....	1.31 g
glutamic acid.....	3.22 g	serine.....	0.98 g
glycine.....	0.40 g	threonine.....	1.59 g
histidine.....	0.26 g	tryptophan.....	0.19 g
isoleucine.....	1.40 g	tyrosine.....	0.51 g
leucine.....	2.10 g	valine.....	1.26 g

\*Provides weight management support as part of a healthy lifestyle with a reduced calories diet and regular exercise.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.