

the Power of Whey Protein

What is Whey Protein

Types of Whey Protein

Whey protein is a high quality source of protein, deriving from milk. It is the co-product in the manufacture of cheese. Whey protein powder is easily digested and absorbed rapidly, an ideal protein source for a healthy whey of life™.

Whey Protein Concentrate (WPC)

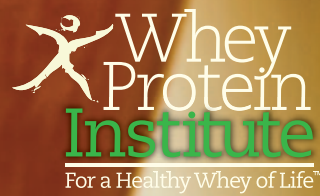
The amount of protein in WPC can vary between 25-89%. The whey protein powder supplements in health and nutrition stores often contain WPC 80%. The remaining components of WPC are lactose, fat, minerals, and moisture.

Whey Protein Isolate (WPI)

WPI is the purest form of whey protein and contains between 90-95% protein. It is a good source of protein for individuals with lactose intolerance as it contains little or no lactose. WPI is also very low in fat.

Hydrolyzed Whey Protein

The long protein chains of the whey protein have been broken down into shorter chains called peptides. This makes the whey protein more easily absorbed by the body and may reduce the potential for allergic reactions. Hydrolyzed whey protein is often used in infant formula, and sports and medical nutrition products. Hydrolysis does not reduce the nutritional quality of the whey protein.



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Nutritional Benefits of Whey Protein

Whey protein is a high quality, complete protein, containing all of the essential and non-essential amino acids needed by the body. Whey protein is naturally gluten-free. Purified whey protein isolate (WPI) contains pure protein with minimal lactose, carbohydrates or fat. Whey protein is also a rich source of branched chain amino acids. Amino acids have many benefits including:

- Building and repairing muscles and bones
- Repairing body cells
- Providing a source of energy
- Regulating various processes in the body related to metabolism

Sports Nutrition

Whey protein is a rich source of the branched chain amino acids, isoleucine, leucine, and valine, necessary for building muscle and lean body mass, improving body composition, and enhancing athletic performance. Whey protein is soluble and quickly absorbed into the body to start rebuilding and repairing lean muscle tissue.

Senior Nutrition

As we age, bone and muscle loss are a growing concern. Good nutrition and adequate amounts of high quality whey protein may help prevent bone loss and maintain muscle mass.

Infant Nutrition

Whey protein based infant formulas are an ideal protein source, when breast-feeding is not an option. Whey proteins are a high quality, easily soluble, complete protein source containing many of the same components found in human breast milk.

A World of Benefits

Form	Protein	Lactose	Fat	Common Applications
Whey Protein Concentrate ¹	25-89%	4 - 52%	1 - 9%	Protein beverages & bars, confectionery and bakery products, infant formula, and other nutritional food products
Whey Protein Isolate ¹	90 - 95%	0.5 - 1.0%	0.5 - 1.0%	Protein supplementation products, protein beverages, protein bars, and other nutritional food products
Hydrolyzed Whey Protein	80 - 90%	0.5 - 10.0%	0.5 - 8.0%	Infant formula, sports and medical nutrition products

¹Source: 21 CFR, § 184.1979. Note: Product composition may vary slightly by manufacturer.

Health Benefits of Whey Protein

Weight Management

Whey protein, in combination with exercise, can be a safe and effective strategy to weight management. Research suggests that increasing the amount of leucine, an essential amino acid found in whey protein, helps preserve lean muscle tissue while promoting fat loss. Protein also helps to stabilize blood glucose levels by slowing the absorption of glucose into the bloodstream. This may reduce hunger by lowering insulin levels and making it easier for the body to burn fat.

Immunity

Whey protein may help to maintain adequate levels of the antioxidant glutathione (GSH), which is needed for a healthy immune system. Stress, disease, and aging can deplete GSH levels, thus reducing the body's ability to defend itself. Specific components in whey protein that may enhance the immune system include cysteine, lactoferrin, immunoglobulin, and BCAAs.

Wellness

Whey protein, high in tryptophan, may reduce stress levels in the body. Increased stress levels can lead to weakened immune health. Whey protein may also help to support metabolic processes with its ability to bind minerals, fat-soluble vitamins, and lipids.

*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.

Visit www.WheyOfLife.org for more whey protein information.



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