

Hydrolyzed whey protein from grass-fed Swedish cows.

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WHAT IS HYDROLYZED ISO-WHEY PROTEIN?

Hydrolyzed ISO-Whey Protein goes above and beyond the standard whey protein powders. It is a combination of whey protein concentrate, whey protein isolate, and hydrolyzed whey protein isolate to support protein status and athletic performance.* Plus, it is hydrolyzed. When whey protein undergoes a process of hydrolysis, smaller lengths of peptide chains are formed, which have been shown to yield superior absorption, greater muscle protein synthesis, and tissue repair compared to intact or non-hydrolyzed whey.¹⁻³

Furthermore, this product features whey protein sourced from milking cows in New Zealand that graze on pesticide-free, non-GMO grass pastures. These cows are grain-free and receive no hormone or antibiotic treatments. To enhance its solubility in water and minimize foaming during blending, the whey is instantized using non-GMO sunflower lecithin.

FORMULA HIGHLIGHTS

- Made from the milk of grass-fed cows from New Zealand
- Available in delicious chocolate flavor
- Sweetened with stevia
- No artificial flavors or colors
- 24 g of protein per serving
- Great tasting, with no bitter aftertaste
- NSF Certified for Sport®

CLINICAL EVIDENCE

Supports Muscle Recovery*

Muscle damage is a normal part of the exercise process, essential for muscle growth and increased strength. However, slow muscle recovery can lead to persistent soreness, interfere with regular work out routines, and reduce muscle force capacity. Research on athletes supports whey protein hydrolysate in speeding up muscle tissue repair following eccentric exercise.²⁻⁴ For instance, a double-blind randomized study found that

individuals given 25 g of hydrolyzed whey protein exhibited restored muscle force capacity within six hours post-supplementation, whereas those receiving non-hydrolyzed whey protein and a non-protein supplement did not.² Additionally, an intervention study on a team of 24 elite soccer players found that those who supplemented daily with hydrolyzed whey protein for 12 weeks experienced greater mitigation of muscle damage compared to those supplementing non-hydrolyzed whey protein, and significantly surpassed the non-protein carbohydrate supplement group.³



Supports Muscle Growth*

Whey protein has demonstrated muscle-supportive properties, and one reason is its high leucine content.⁵ Consumption of whey protein significantly increases muscle leucine concentration and activates the mechanistic target of rapamycin complex 1 (mTORC1) to stimulate muscle protein synthesis.¹ The unique composition of hydrolyzed whey protein, combined with its naturally high content of the amino acid leucine, supports lean body mass when combined with resistance training.⁶⁻⁸ The latest human research echoes these benefits. One comparative study involving 22 healthy young men found that those supplementing daily with hydrolyzed whey protein, combined with 33 resistance training sessions over 12 weeks, had greater muscle

and tendon mass growth compared to those taking a placebo.⁶ Similarly, another controlled intervention study with 24 healthy men found that those who combined 12 weeks of high-volume resistance training with whey protein exhibited a notable increase in muscle mass compared to those on a regimen with a non-protein carbohydrate supplement.⁸

Helps Mitigate Muscle Loss*

Intense physical activity increases the body's protein requirements, potentially up to 2.3 g/kg of body weight daily.⁹ When protein needs are not met, muscle atrophy can occur. Supplementing with hydrolyzed whey protein may help maintain muscle mass, as seen in a clinical study of 24 elite soccer players who were administered 1 g/kg/day of whey protein for eight weeks.⁹ The concern of muscle loss may be particularly relevant for older adults, who may be more prone to muscle loss than young,

active individuals. A randomized study indicated that a one-time supplementation of 35 g of whey protein can help stimulate muscle protein synthesis in healthy older adults.¹⁰

BENEFITS*

- Supports muscle recovery²⁻⁴
- Supports lean body mass⁵⁻⁷
- Supports tendon mass⁶
- Helps mitigate muscle loss^{9,10}

HOW TO TAKE

May be taken before or after a workout. Mix 38 grams (approx. 2 scoops) in eight to ten ounces of water or any other beverage per day, or as directed by your health-care practitioner.



Supplement Facts

Serving Size 39 grams (approx. two scoops)
Servings Per Container 21

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	140	Calcium	150 mg 12%
Total Fat	2.5 g 3%**	Iron	1.3 mg 7%
Saturated Fat	2 g 10%**	Sodium	160 mg 7%
Cholesterol	80 mg 28%	Potassium	230 mg 5%
Total Carbohydrate	5 g 2%**	**Percent Daily Values are based on a 2,000 calorie diet.	
Dietary Fiber	1 g 4%**	*Daily Value not established.	
Total Sugars	1 g *		
Protein	24 g 48%**		

Ingredients: Hydrolyzed whey protein, natural flavors, cocoa powder, fiber blend (guar gum, gum acacia, xanthan gum), steviol glycosides (from organic *Stevia rebaudiana* leaf), silicon dioxide, sodium chloride, partially hydrolyzed guar gum.

Contains Milk.

24 G PROTEIN PER SERVING

PROMOTES HEALTHY GLUCOSE METABOLISM*

SUPPORTS POSTPRANDIAL SATIETY AND BODY WEIGHT MANAGEMENT*

AIDS IN THE BODY'S TISSUE REPAIR AFTER TRAINING AND EXERCISE*



GLUTEN-FREE



VEGETARIAN



NON-GMO



HIGHLY ABSORBABLE*



THIRD-PARTY TESTED

*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.

HIWCHC-DS

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