

Plano Program Protein

A superior grade, 100% biologically active whey protein powder, made from the milk of grass-fed, chemical-free cows, uniquely processed to maintain its full immune enhancing and regenerative properties.

- **Premium Whey Protein** is a superior non-denatured whey powder processed by a proprietary low-heat method that retains its full biological activity
- Unlike almost all other whey powders, it is *not* a by-product of cheese manufacture, nor produced by inferior hydrolyzation or ion exchange processes
- **Premium Whey Protein** is rich in immunoglobulins (2.4 grams per scoop), special proteins with potent immune enhancing properties
- Also rich in lactoferrin (500 mg per scoop), an iron-modulating protein with anti-bacterial properties that helps deliver iron to healthy cells while preventing it from being used by pathogens, yeast, or tumor cells
- **Premium Whey Protein** also contains covalent bonded cysteine, the rate-limiting nutritional precursor to glutathione (the body's primary endogenous antioxidant), as well as serum albumin and natural growth factors
- An excellent source of branched chain amino acids (BCAAs), essential for proper protein synthesis, DNA repair, and muscle building

Supplement Facts		
Serving Size 25 g (1 level scoop) • Servings Per Container 18		
	Amount Per Serving	% DV
Calories	100	
Calories Fat	15	
Total Fat	1.5 g	2%*
Saturated Fat	0.5 g	3%*
Cholesterol	25 mg	8%
Sodium	50 mg	2%
Potassium	150 mg	4%
Total Carbohydrates	2 g	1%*
Sugars	2 g	1%*
Protein	20 g	40%*
Calcium	98 mg	10%
Phosphorus	74 mg	8%*
Lactoferrin	500 mg	**
Immunoglobulins	2.4 g	**
Alanine	1.0 g	**
Arginine	0.4 g	**
Aspartic acid	2.1 g	**
Cystine	0.5 g	**
Glutamic acid	3.7 g	**
Glycine	0.6 g	**
Histidine	0.4 g	**
Isoleucine	1.1 g	**
Leucine	1.7 g	**
Lysine	2.0 g	**
Methionine	0.4 g	**
Phenylalanine	0.6 g	**
Proline	1.3 g	**
Serine	1.0 g	**
Threonine	1.5 g	**
Tryptophan	0.4 g	**
Tyrosine	0.7 g	**
Valine	0.9 g	**

* Percent Daily Values are based on a 2,000 calorie diet
** Daily Value not established

Ingredients: Whey protein concentrate, natural vanilla nut flavor.

Other Features:

- **Premium Whey Protein** is made from the milk of cows that graze on natural, chemical-free grass pastures, conditions known to produce a superior quality milk, rich in CLA and essential fatty acids
- These cows are *never* given bovine growth hormones, antibiotics, genetically modified organisms (GMO), animal by-products, pesticides or chemicals of any kind
- **Premium Whey Protein** is usually well tolerated by individuals with lactose intolerance or dairy allergies; however dairy allergic individuals should start with a small dose
- Not recommended during pregnancy, when lactoferrin production is naturally reduced

Plano Program Protein (450 grams)

*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.*

The Plano Program
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