

WheySmooth™

Purpose & Rationale

The purpose of this product is to deliver a high-quality protein source to help increase protein intake as needed while simultaneously minimizing calories for athletic training and body-composition goals. WheySmooth comes in a powdered mix form, which enables one to adjust the total meal (or daily) protein and other nutrient content as desired and remain within a specific calorie allotment. Because of whey protein's superior absorption and amino acid profile, specifically essential amino acids (EAA) compared to other sources, the purpose of WheySmooth is to improve all mechanisms of action related to muscle protein synthesis (MPS), diet and training outcomes. Therefore, when compared to other complete protein sources, WheySmooth can improve lean body mass preservation and appetite control during weight loss, leading to favorable body composition changes. Additionally, it can maximize MPS throughout the day, which optimizes training-induced muscle hypertrophy and performance. The product also enables the consumption of more protein (EAA) with fewer calories for lifelong weight control while staving off inevitable age-related muscle loss. Other potential health benefits include immune system support.

Typical Use

- Ideal for athletes and exercisers seeking to acquire the highest amount of protein with the fewest number of calories in order to maximize training induced size, performance, strength, and body-composition outcomes.
- For anyone pursuing weight/fat loss, WheySmooth is ideal as a high-protein, low-calorie protein source.
- Anyone who is not meeting protein requirements for specific goals, including higher amounts needed for exercise and aging.
- As a pre-/post-workout supplement for physique competitors or other weight/body-fat conscious athletes during the final weeks of competition dieting, helping to meet protein requirements with fewer calories.

- Any exerciser during intense training, especially when combined with calorie restriction.
- Anyone seeking a great tasting, convenient, and high-quality protein source.

Unique Features

- 25g of the highest biological value protein, 8g of carbohydrates and 2.5g of healthy fat in only 160 calories.
- Co-factors ensure nutrient uniformity and stability with great taste and easy mixing.
- No gas or bloating as is common with other protein powders. Less than 2.5g of lactose per serving.
- Contains only 2g of sugar.
- Aspartame-free.
- NSF Certified for Sport, which independently verifies purity, potency and absence of contaminants. Learn more at <http://www.dotFIT.com/nsf>

Contraindications

WheySmooth is contraindicated in people who cannot consume milk proteins.

Nutrition Facts			
Serving Size: 1 Scoop (40g)			
Servings Per Container: approximately 28.5 servings			
Amount Per Serving			
Calories 160		Calories from Fat 25	
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	75mg		25%
Sodium	125mg		5%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	25g		
Vitamin A	0%		Vitamin C 0%
Calcium	15%		Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.			
** % Daily Value not established.			
		Calories: 2,000	2,500
Total Fat	Less than 65g		80g
Saturated Fat	Less than 20g		25g
Cholesterol	Less than 300mg		300mg
Sodium	Less than 2,400mg		2,400mg
Potassium	3,500mg		3,500mg
Total Carbohydrate	300g		375g
Dietary Fiber	25g		30g
Calories per gram:	Fat 9 • Carbohydrate 4 • Protein 4		