

Whey Cool™

Great-tasting protein powder

WheyCool™ is a delicious high protein, low carbohydrate protein powder. Protein is a necessary component of the human diet and plays many important roles, including serving as the main structural component of muscles, bones, hair, skin, nails, tendons, ligaments, and even blood vessels. Numerous hormones, such as insulin and human growth hormone, are made from protein, as are enzymes such as the digestive enzymes that help break down food so that its nutrients can be absorbed. Even some of the compounds that help influence balanced moods and a positive mental outlook—such as serotonin and dopamine—are made from amino acids, which are the building blocks of proteins. Our bodies have no way of storing protein so we must obtain it from our diet on a daily basis.

Why Whey?

Whey protein is comprised of a complete amino acid profile.

Protein is made up of individual “building blocks” called amino acids, which are used to manufacture enzymes, hormones and antibodies. Whey protein is considered a complete protein, as it contains an adequate proportion of all the “essential” amino acids – those that cannot be made by the body, and thus must be obtained through the diet.

Unlike soy protein, which is low in the amino acid methionine, whey protein contains all the amino acids the body needs and in the best balance currently found in any food. The body needs methionine to make the amino acid cysteine. Methionine and cysteine are both sulfur-containing amino acids, an important feature considering the body needs sulfur for making collagen, the primary constituent of cartilage, skin and connective tissue.

Whey protein supports a healthy immune system.*

Whey is nature’s richest source of biologically active protein. It naturally contains an exceptional amount of cysteine, an amino acid that helps support immune function, but which is often lacking in the modern diet. Additionally, it contains the full range, and in exceptional amounts, of the most important immune-supportive protein components, such as lactoferrin and immunoglobulins.

Highlights

- The milk harvested for Whey Cool™ comes from cows that graze on pesticide- and chemical-free, non-GMO grass pastures in New Zealand, which is known to have one of the least polluted environments in the world.
- The cows that provide the milk for this product are not fed grain and are never subjected to growth hormones or antibiotics.
- This whey is instantized with sunflower lecithin (soy-free, non-GMO), which helps it dissolve more easily in water and prevents foaming during blending. The fact that this whey is instantized with lecithin may help to improve its digestibility due to increased water solubility.
- Whey Cool™ contains no fructose, sucrose, or artificial sweeteners.

Recommended Use: Mix 30 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner.

May be beneficial for*:

- Athletes – helps maintain healthy antioxidant and immune status
- Lean body mass support – pre- and post-workout
- Healthy weight management
- Healthy glucose metabolism
- General well-being



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.