

To get the most from Whey Pro Complete, follow these simple serving suggestions.

Experiment with Whey Pro Complete

Can be mixed into a blender drink—try our easy shake recipe

- ◆ Blend 2 heaping tablespoons of Whey Pro Complete with 1 to 1½ cups of your favorite fruit or vegetables and water or ice. Thoroughly blend all ingredients together until desired consistency is achieved.
- ◆ You may make a larger batch and refrigerate, but remember to remix before pouring.

Can be used with SP Complete® during or after purification

- ◆ Enhances weight management and provides an extra 10 grams of protein

Can be blended with a variety of foods or liquids*—find your favorite combination

**Whey Pro Complete may be added to hot liquids, cereals, and batters to add more protein to these foods. If heated, Whey Pro Complete's amino acids will not be affected; however, the proteins may lose some of their functional qualities.*

Standard Process' Whey Pro Complete is meant for anyone who wants to optimize their health and well-being. Ask your health care professional about Whey Pro Complete from Standard Process.



For convenience, Whey Pro Complete is available in single-serving packets.



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Why wait?

Optimize your health now with Whey Pro Complete



www.standardprocess.com

©2007 Standard Process Inc. All rights reserved. L8080 05/10



30% PCW



What are your health goals?

- ◆ Increase energy while decreasing calories?
- ◆ Build more muscle?
- ◆ Strengthen your immune system?

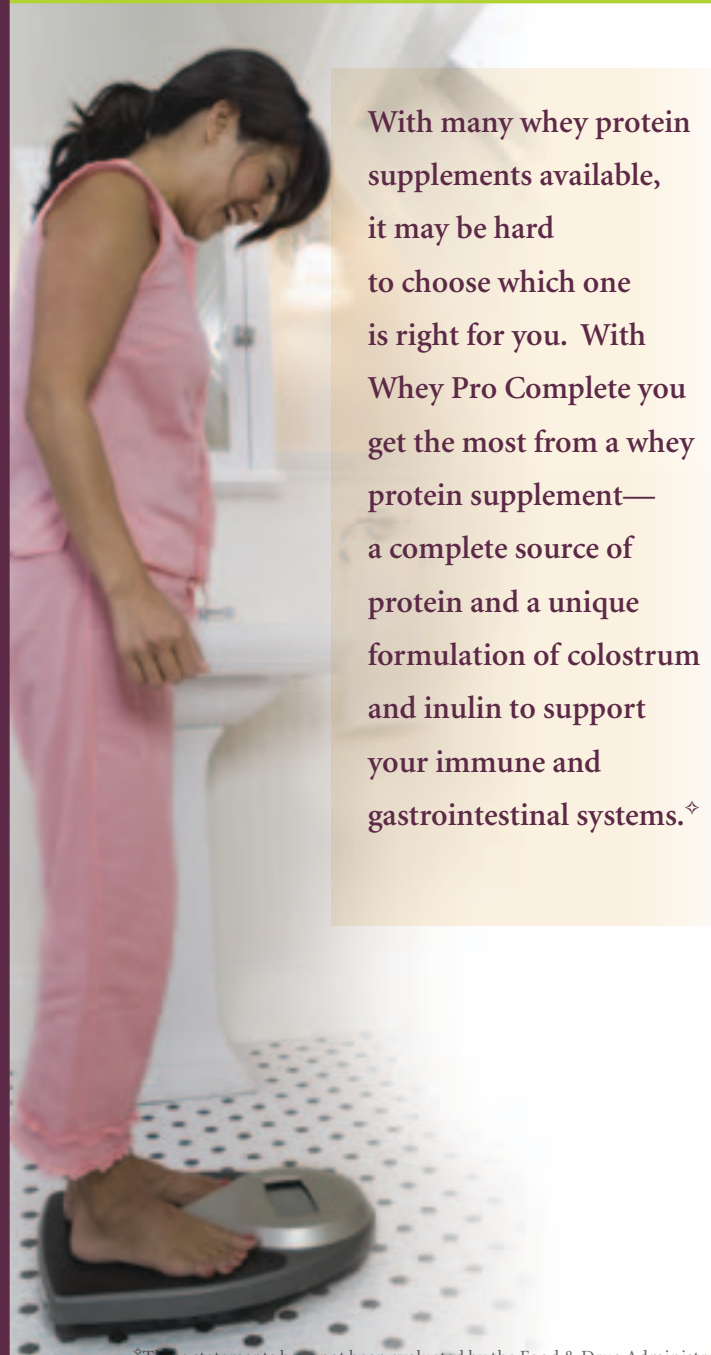
With a healthy diet and exercise, Whey Pro Complete can help you attain these goals.◊

Whey Protein—The Basics

Whey protein is one of the most digestible sources of protein. It is often referred to as a “fast” protein for its ability to quickly provide nourishment to muscles.

Whey protein is a complete source of protein containing all nine essential amino acids. Amino acids, like cysteine and tryptophan, are important to many biological activities. Cysteine is involved in the formation of glutathione, an antioxidant that protects cells from free radical damage. Tryptophan is involved in the process of producing serotonin, a neurotransmitter that regulates things like mood, appetite, and sleep.◊

Choosing the Right Whey



With many whey protein supplements available, it may be hard to choose which one is right for you. With Whey Pro Complete you get the most from a whey protein supplement—a complete source of protein and a unique formulation of colostrum and inulin to support your immune and gastrointestinal systems.◊

Whey Pro Complete—The Benefits

Standard Process' Whey Pro Complete is manufactured from milk from cows that have not been given hormones (rBGH free) and contains a proprietary blend of ingredients to support your nutritional needs. It is also a convenient way to add protein and calcium to any food or beverage, including an SP Complete® shake. So, whether you are dieting, training, or just want additional protein, Whey Pro Complete is a great option.◊

Take a look at the benefits of Whey Pro Complete and you'll see why it's right for you.

Supports weight management and post-purification protocols

- ◆ Provides 15 grams of protein per serving, plus calcium and other minerals that may aid in weight and fat loss during caloric restriction and exercise
- ◆ Includes amino acids and other whole food ingredients to promote satiety for positive post-purification results and better health◊

Enhances your immune system

- ◆ Contains components, such as colostrum and inulin, that complement the whey protein to support healthy immune function
- ◆ Supplies powerful antioxidants, which protect against free radicals and help support a healthy digestive tract
- ◆ Comprised of immunoglobulins, or antibodies, which are used by the immune system for support to address foreign invaders◊



Supports muscle growth and repair

- ◆ Supports muscle tissue health for all ages and types of athletic activity
- ◆ Provides a high-quality form of protein to aid in muscle growth
- ◆ Helps nourish your body following exercise◊

Optimizes gastrointestinal health

- ◆ Contains colostrum, which provides antibodies that protect the gastrointestinal tract
- ◆ Provides inulin to support calcium and magnesium absorption in the stomach where both minerals help maintain healthy cells
- ◆ Includes lactoferrin, which supports the growth of “friendly” bacteria in the stomach
- ◆ Helps support a balanced environment in the gastrointestinal tract◊

◊These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

