

# WheyCool™

Grass-fed Whey Protein Powder



This a great-tasting, high protein, low carbohydrate, functional food powder features whey protein sourced from the milk of cows that graze on pesticide-free, non-GMO grass pastures in New Zealand. The whey is instantized with sunflower lecithin (non-GMO), which helps it dissolve more easily in water and prevents foaming during blending. Unlike other instantized whey formulations, Whey Cool™ is soy-free.

Protein is a necessary component of the human diet with many important roles. Proteins are the main structural component of muscles, bones, hair, skin, nails, tendons, ligaments, and blood vessels. Numerous hormones (e.g., insulin and human growth hormone) are made from proteins. Enzymes are also made from proteins, such as the digestive enzymes that help break down food for their nutrients to be absorbed. Our bodies have no way of storing protein, so we must obtain protein daily from our diet.

Whey 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, which are those that cannot be made by the body and must be obtained through the diet. It is also rich in cysteine, and it helps create an important antioxidant in the body, which is glutathione. Whey protein also contains a high amount of branched-chain amino acids (BCAAs), especially leucine. The important role of leucine is to build muscles. Whey protein has been found to support healthy body composition.\*

## Benefits\*

- Supports post-meal satiety
- Lean body mass support
- Supports healthy weight management
- Supports healthy glucose metabolism

## Recommended Use

Mix 30 grams (approximately one scoop) in 8 ounces of water or any other beverage per day, or as directed by your health-care practitioner.

## Highlights

- Whey sourced from cows that graze on pesticide-free, non-GMO grass pastures in New Zealand
- The milking cows are never fed grain and are not subjected to any hormone or antibiotic treatments
- Instantized with sunflower lecithin (soy-free, non-GMO), which helps it dissolve more easily in water and prevents foaming during blending
- WheyCool™ contains no fructose, sucrose, or artificial sweeteners
- Three flavor options: unflavored, chocolate, or vanilla

**To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at [www.designsforhealth.com](http://www.designsforhealth.com).**

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

\*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.