

Green Whey Proo96 vitamins and Herbs.

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Itemnumber: 15447

Manufacturer: [Natures Life](#)

Description: **Green Whey Proo96**

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## General Information and datasheet (Natures Life)

| Green Whey Proo96    |              |
|----------------------|--------------|
| <b>Description:</b>  |              |
| <b>Item#:</b>        | 15447        |
| <b>Size:</b>         | 25 lb Powder |
| <b>Directions:</b>   |              |
| <b>Serving Size:</b> |              |

### DataSheet:

## WHEY PROTEINS

### Features & Benefits

- Good source of branched-chain amino acids (BCAAs), plus all essential amino acids
- Improves muscle performance and body composition
- Supports healthy antioxidant levels and promotes healthy immune function
- Green-Whey Pro-96™ contains antioxidant carotenoids and flavonoids
- Promotes normal cell growth and inhibits abnormal cell growth
- Supports healthy blood pressure and normal cholesterol and triglyceride levels

### Facts About Whey Protein:

Whey is a major protein in milk. Cheese making produces liquid whey as a by-product. Whey protein is comprised primarily of simple proteins called lactoglobulins. Whey also contains some serum (blood) globulins including alpha-globulin, beta-globulin, gamma-globulin and immunoglobulins, which are the primary immune-system-stimulating features of whey.

Other components of whey protein include: enzymes, minerals, iron binding proteins, and vitamins,

including B-12.1 Whey transits the stomach quickly 2 and the nutrients are rapidly absorbed in the human intestine. Casein (another milk protein), on the other hand, leaves the stomach slowly since it tends to "clot" in the stomach.3 Humans digest whey more easily than casein because it's more natural for us; human milk contains more whey than casein.

Whey protein, often referred to as lactalbumin, is currently a preferred protein source for many endurance and strength athletes, who may require over twice the current daily recommended protein intake.4,5 In one trial, a whey-based supplement given to men and women for three months increased muscle performance, while those taking a placebo saw no improvement.6 In a study of weight-loss using a low-calorie diet and strength training, adding whey protein to the diet resulted in similar weight loss but greater reductions in body fat while preserving lean body mass.7 Whey has been shown to promote growth in experimental animals, low birth-weight infants, and burn victims.8,9,10,11

#### **BCAAs:**

Athletes who are undergoing, or have undergone, intense prolonged exercise receive much of their energy from branched-chain amino acids (BCAAs)—leucine, isoleucine, and valine. These amino acids are unique in their ability to provide a ready and direct energy source to skeletal muscle during endurance exercise.12 An adequate dietary supply of BCAAs is needed during exercise to prevent unwanted muscle breakdown, or catabolism, and to help maintain cells.13 Whey is considered to be an excellent source of BCAAs, as well as the important sulfur amino acids methionine and cysteine.

#### **Antioxidants & Protein:**

Glutathione is a powerful antioxidant involved chiefly in liver detoxification. Research has indicated free-radical production normally results from the rise in oxygen consumption with exercise, and that glutathione levels can decrease with exercise.14,15 Some researchers think that an increased intake of antioxidants like glutathione might protect athletes against minor muscle injuries.16 Whey protein supplementation in humans has been shown to increase blood levels of glutathione.17

Enhancing glutathione and antioxidant function is one of many ways whey protein supports normal immune function; other mechanisms are just beginning to be understood.18,19,20 One beneficial effect of whey on immune function is its ability to directly inhibit potentially harmful gastrointestinal bacteria.21,22 Also, some whey proteins appear to be able to help regulate normal cell growth and prevent abnormal cell growth,23,24,25,26,27,28 and may be superior even to soy protein in these beneficial effects.29

#### **New Benefits for Whey**

: Recent research has discovered components of whey protein that may support heart health by promoting proper blood pressure regulation 30,31,32,33 and by protecting the body from unhealthy forms of cholesterol.34 In a placebo-controlled study, beverages containing whey protein used by adult men for eight weeks promoted normal levels of blood pressure, blood triglycerides and HDL ("good") cholesterol.35

Maintaining healthy bones may also be a benefit of whey protein. Some whey components besides calcium have been found to inhibit the action of bone-resorbing cells 36 and promote the action of bone-building cells.37

Healthy brain function depends on a normal supply of amino acids, some of which are converted into important brain chemicals. Whey protein contains tryptophan, which the brain uses to make serotonin, a neurotransmitter involved in regulating mood and coping with stress. One group of volunteers was given a whey protein supplement or a placebo in a double-blind trial. The whey protein increased blood tryptophan levels and helped these people maintain a healthy mood while under stress.38

#### **Ingredient Highlights:**

Whey is a complete animal source protein comprising all eight essential amino acids. It has been given the highest possible Protein Digestibility Corrected Amino Acid Score (PDCAAS) (1.0). This score is an indication of the quality of a protein and is the foundation for the determination of the FDA's Daily Reference Value of protein (50 grams). Egg and milk proteins, as well as soy isolate, rank the highest in protein content, surpassing all other sources.

#### **Healthy Whey™**

is a great tasting, sugar-free, protein with a natural vanilla flavor. **Green-Whey Pro-96™** starts with that same great tasting, sugar-free, protein and adds a food base of Hawaiian Spirulina algae ("Kona pure"), psyllium seed husk, apple pectin, oat fiber, lemon bioflavonoids, kelp, barley grass and the digestive enzymes bromelain (from pineapple) and papain (from papaya).

These additional ingredients provide a nutritious and all-natural combination of protein, fiber, minerals, and phytonutrients including carotenoids. These phytonutrients are the source of natural food colors (pigments) and have been studied extensively for their value. The more intense the color, the more beneficial the food. Maintaining high levels of carotenoids in body tissue helps to encourage healthy cell membranes. While carotenoids are fat-soluble, flavonoids are water-soluble, and have similar antioxidant properties.39,40,41

#### **Safety & Contraindications:**

Whey has a long historical record as a safe food for lactose-tolerant people. While the possibility of food allergies from whey has to be considered, it has been found to be far less allergenic than the milk protein casein, and possibly less allergenic than soy or egg-based protein supplements.42 All whey proteins contain some lactose. Nature's Life uses production methods that yield whey with 5% lactose.

The bovine serum albumin (BSA) component of whey has been implicated as a possible trigger for insulin-dependent diabetes mellitus (IDDM) in children. A similarity exists between the amino acid

sequence of the beta cell protein found in the pancreas, and BSA. It has been proposed that partially digested fragments of BSA stimulate the immune system that then incorrectly destroys beta cells.<sup>43</sup> Currently, the exact nature of the relationship between BSA and IDDM remains unclear. Until more is known, whey supplementation in infants and young children should probably be avoided. As with all food concentrates, consultation with health practitioners is recommended.

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