



## Whey Protein Isolate

**Why you may need Whey Protein Isolate:** Whey Protein Isolate is considered by many practitioners to be the premier dietary supplement for protein. It provides the body with the necessary building blocks that are used to build or maintain muscle tissue. In fact, whey protein is a complete protein containing the full complement of amino acids the body can utilize for optimal physical performance and for increasing glutathione levels. Whey has also been shown to have benefits on hormonal and cellular responses, benefits on immune function and wound healing, and is the perfect adjunct for body builders, moderate exercisers, dieters, and for those taking steps to support healthy aging, cardiovascular health, glucose metabolism, or general wellness. **Whey Protein Isolate** is a pure and natural high quality protein, rich in amino acids and biologically active lactoferrin (LF), Immunoglobulin (IgG), and glycomacropetides (GMP). **Whey Protein Isolate** contains little fat, lactose, or cholesterol, making it an excellent protein choice for individuals of all ages.

**Why your healthcare practitioner recommends Whey Protein Isolate from Biotics Research:** Many nutritional companies would have you believe that whey protein is whey protein, but that is horribly misleading. All whey protein is NOT created equally. In fact, there are significant differences between the 4 main forms of whey. Whey Protein is the "closest to the cow" source. It has undergone the least amount of purifying, thus while it tastes the sweetest, it does not contain the concentrations of health supporting immunoglobulins that the other forms have. In addition, it is the form most likely to induce an allergenic response in dairy sensitive individuals. The second form of whey is Whey Protein Concentrate and it is exactly what it sounds like: concentrated whey protein. They process the whey in such a manner that they remove some of the milk sugars so that they concentrate the amount of protein and immunoglobulins. You end up with more protein per gram, but you lose something in the overall taste. If you are dairy sensitive, you have about a 50% chance of reacting to it. The third type of whey is **Whey Protein Isolate**, the purest form of whey we've discussed so far. The overwhelming majority of the milk sugars have been removed from it, so you get far more protein per serving. Because these milk sugars have been removed from the whey, it ISOLATES the protein and immunoglobulin portions thus, you end up getting the most nutritional 'bang for your buck'. This is not a sweet whey, so it is not going to compete for flavors in your palate and many dairy sensitive individuals can readily tolerate **Whey Protein Isolate**. Lastly, we have Whey Protein Hydrolysate. It is the most refined version of all, however, it tastes so nasty that it is usually reserved for special needs use, as in baby formula for those with digestive disorders. The proteins are broken down or predigested and it is purified to such an extent that many do not consider it a true dairy product, even though it started off that way.

Most whey proteins are processed using technologies which result in the denaturing of the proteins, thereby reducing the biologically active proteins LF, IgG, and GMP. **Whey Protein Isolate** from Biotics Research is produced using a natural, low temperature microfiltration method. The result is a product supplying a full balance of bioactive whey proteins with an excellent amino acid profile. **Whey Protein Isolate** from Biotics Research is devoid of added sugar or artificial flavorings, and each

