

VANILLA

## Canada Whey 100% Hydrolyzed Whey Protein Isolate

Canada Whey's 100% Hydrolyzed Whey Protein Isolate is derived from whey protein isolate, which has been subjected to treatment with the digestive enzyme known as protease. This process breaks larger proteins down into smaller pieces that are able to get into your system rapidly, enabling your muscles to start rebuilding quickly.

This process is sometimes referred to as "partial pre-digestion". This is an ideal product for aiding rapid muscle recovery after a strenuous workout due to the faster availability of the required amino acids.

Both lactose and fat have been removed from Canada Whey Hydrolyzed Whey Protein Isolate, leaving you with nothing but the most easily digested, assimilated and most bio-available source of protein on the market. We know that maximum protein utilization is essential to aiding muscle recovery and maintaining a positive nitrogen balance, which is critical during periods of intense training. There is no higher standard of protein than Canada Whey Hydrolyzed Whey Protein Isolate, so feel confident that you will be feeding your muscles to their fullest potential!

### Suggested Use:

Mix 1 to 2 scoops in water, milk, juice or your favourite beverage.

### Mode d'emploi:

Ajouter 1 ou 2 mesures dans de l'eau, du lait, du jus, ou dans votre boisson préférée.

### Ingredients:

Hydrolyzed Whey Protein Isolate, Natural and Artificial Flavours, Xanthan Gum, Sucralose.

### Ingrédients:

Isolat de protéines de lactosérum hydrolysée, arômes naturels et artificiels, gomme xanthane, sucralose.

CANADA  
WHEY

# 100% HYDROLYZED WHEY PROTEIN ISOLATE ISOLAT DE LACTOSÉRUM HYDROLYSÉE À 100%

THE FASTED ABSORBING PROTEIN KNOWN TO MAN!  
KICKSTART YOUR RECOVERY IMMEDIATELY!

- 29G OF PROTEIN PER SERVING!
- MIXES INSTANTLY
- LACTOSE AND FAT FREE
- 29G DE PROTÉINES PAR PORTION!
- SE MÉLANGE INSTANTANÉMENT
- SANS LACTOSE ET SANS GRAS

### Nutrition Facts

#### Valeur nutritive

Per 1 scoop (33 g) / Pour 1 mesure (33 g)

Servings Per Container: 69 / Portions par conteneur: 69

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 121	
Fat / Lipides 0 g	0%
Saturated / saturés 0g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 4.64 mg	1%
Sodium / Sodium 49 mg	2%
Carbohydrate / Glucides 1 g	0%
Fibre / Fibres 0 g	0%
Sugar / Sucres 1 g	
Phosphorus / Phosphore 68.4 mg	7%
Potassium / Potassium 96 mg	3%
Protein / Protéines 29 g	58%
Calcium / Calcium 139 mg	14%

#### Amino Acid Profile

Profil des Acides Aminés mg per serving / mg par portion

Alanine / Alanine	1470
Arginine / Arginine	0.596
Aspartic Acid / Acide Aspartique	4.002
Cysteine / Cystine	0.87
Glutamic Acid / Acide Glutamique	5.452
Glycine / Glycine	0.551
Histidine* / Hystidine *	0.551
Isoleucine #* / Isoleucine #*	1.627
Leucine #* / Leucine #*	3.045
Lysine * / Lysine *	2.552
Methionine * / Méthionine *	0.754
Phenylalanine * / Phénylalanine *	1.015
Proline / Proline	1.769
Taurine / Taurine	0
Serine / Sérine	1.479
Threonine * / Thréonine *	2.088
Tryptophan * / Tryptophane *	0.696
Tyrosine / Tyrosine	0.900
Valine #* / Valine #*	1.711

WWW.CANADAWHEY.COM

NET WT. 5lb (2.27kg)

CHOCOLATE

Canada Whey 100% Hydrolyzed Whey Protein Isolate

Canada Whey's 100% Hydrolyzed Whey Protein Isolate is derived from whey protein isolate, which has been subjected to treatment with the digestive enzyme known as protease. This process breaks larger proteins down into smaller pieces that are able to get into your system rapidly, enabling your muscles to start rebuilding quickly.

This process is sometimes referred to as "partial pre-digestion". This is an ideal product for aiding rapid muscle recovery after a strenuous workout due to the faster availability of the required amino acids.

Both lactose and fat have been removed from Canada Whey Hydrolyzed Whey Protein Isolate, leaving you with nothing but the most easily digested, assimilated and most bio-available source of protein on the market. We know that maximum protein utilization is essential to aiding muscle recovery and maintaining a positive nitrogen balance, which is critical during periods of intense training. There is no higher standard of protein than Canada Whey Hydrolyzed Whey Protein Isolate, so feel confident that you will be feeding your muscles to their fullest potential!

Suggested Use:

Mix 1 to 2 scoops in water, milk, juice or your favourite beverage.

Mode d'emploi:

Ajouter 1 ou 2 mesures dans de l'eau, du lait, du jus, ou dans votre boisson préférée.

Ingredients:

Hydrolyzed Whey Protein Isolate, Cocoa Powder, Natural and Artificial Flavours, Xanthan Gum, Sucralose.

Ingrédients:

Isolat de protéines de lactosérum hydrolysée, poudre de cacao, arômes naturels et artificiels, gomme xanthane, sucralose.



100%  
HYDROLYZED  
WHEY  
PROTEIN ISOLATE  
ISOLAT DE LACTOSÉRUM HYDROLYSÉE À 100%

THE FASTED ABSORBING PROTEIN KNOWN TO MAN!  
KICKSTART YOUR RECOVERY IMMEDIATELY!

- 29G OF PROTEIN PER SERVING!
- MIXES INSTANTLY
- LACTOSE AND FAT FREE
- 29G DE PROTÉINES PAR PORTION!
- SE MÉLANGE INSTANTANÉMENT
- SANS LACTOSE ET SANS GRAS

Nutrition Facts

Valeur nutritive

Per 1 scoop (33 g) / Pour 1 mesure (33 g)  
Servings Per Container: 69 / Portions par conteneur: 69

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 121	
Fat / Lipides 0 g	0%
Saturated / saturés 0g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 4.64 mg	1%
Sodium / Sodium 49 mg	2%
Carbohydrate / Glucides 1 g	0%
Fibre / Fibres 0 g	0%
Sugar / Sucres 1 g	
Phosphorus / Phosphore 68.4 mg	7%
Potassium / Potassium 96 mg	3%
Protein / Protéines 29 g	58%
Calcium / Calcium 139 mg	14%

Amino Acid Profile

Profil des Acides Aminés	mg per serving / mg par portion
Alanine / Alanine	1470
Arginine / Arginine	0.596
Aspartic Acid / Acide Aspartique	4.002
Cysteine / Cystine	0.87
Glutamic Acid / Acide Glutamique	5.452
Glycine / Glycine	0.551
Histidine* / Hystidine *	0.551
Isoleucine #* / Isoleucine #*	1.627
Leucine #* / Leucine #*	3.045
Lysine * / Lysine *	2.552
Methionine * / Méthionine *	0.754
Phenylalanine * / Phénylalanine *	1.015
Proline / Proline	1.769
Taurine / Taurine	0
Serine / Sérine	1.479
Threonine * / Thréonine *	2.088
Tryptophan * / Tryptophane *	0.696
Tyrosine / Tyrosine	0.900
Valine #* / Valine #*	1.711

WWW.CANADAWHEY.COM

NET WT. 5lb (2.27kg)

VANILLA

## 100% MICELLAR CASEIN

Casein protein is known as “night time” protein because, unlike its sister whey protein, casein can take up to 7 hours to be digested and used by the body. Before you sleep, that’s exactly what you need. The majority of muscle repair and re-growth happens while you’re fast asleep! Casein is ideal before sleep because it gives the body a constant, slow-release supply of protein for use throughout the night. 100% Micellar Casein performs much like whole food and delivers a slow, sustained release of amino acids into the bloodstream.

CANADA  
WHEY

100%  
**MICELLAR  
CASEIN**  
CASÉINE MICELLAIRE À 100%

### Nutrition Facts

#### Valeur nutritive

Per 1 scoop (33 g) / Pour 1 mesure (33 g)

Servings Per Container: 69 / Portions par conteneur: 69

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 132	
Fat / Lipides 1.32	0%
Saturated / saturés 0g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 4.64 mg	1%
Sodium / Sodium 49 mg	2%
Carbohydrate / Glucides 1.58 g	0%
Fibre / Fibres 0 g	1%
Sugar / Sucres 1 g	
Phosphorus / Phosphore 68.4 mg	7%
Potassium / Potassium 96 mg	3%
Protein / Protéines 29 g	58%
Calcium / Calcium 139 mg	14%

#### Suggested Use:

Mix 1-2 scoops with 375 ml (12 oz) of liquid. Consume 3-4 scoops daily.

#### Mode d'emploi:

Ajouter 1 ou 2 mesures dans 375 ml de liquide. Consommer 3 à 4 mesures quotidiennement.

#### Ingredients:

Micellar Casein, Natural and Artificial Flavours, Xanthan Gum, Sucralose.

#### Ingrédients:

Caséine micellaire, arômes naturels et artificiels, gomme xanthane, sucralose.

26 G OF THE FINEST GRADE PROTEIN PER SERVING!  
GREAT TASTING! ALL NATURAL, ALL PURE!

- FAT FREE
- 5.4 G GLUTAMINE
- 6.5 G BCAAS
- ASPARTAME FREE
- SANS GRAS
- 5.4 G DE GLUTAMINE
- 6.5 G DE BCAA
- SANS ASPARTAME

WWW.CANADAWHEY.COM

NET WT. 5lb (2.27kg)

CHOCOLATE

100% MICELLAR CASEIN

Casein protein is known as “night time” protein because, unlike its sister whey protein, casein can take up to 7 hours to be digested and used by the body. Before you sleep, that’s exactly what you need. The majority of muscle repair and re-growth happens while you’re fast asleep! Casein is ideal before sleep because it gives the body a constant, slow-release supply of protein for use throughout the night. 100% Micellar Casein performs much like whole food and delivers a slow, sustained release of amino acids into the bloodstream.

CANADA WHEY  
100% MICELLAR CASEIN  
CASÉINE MICELLAIRE À 100%

Nutrition Facts		
Valeur nutritive		
Per 1 scoop (33 g) / Pour 1 mesure (33 g)		
Servings Per Container: 69 / Portions par conteneur: 69		
Amount		% Daily Value
Teneur		% valeur quotidienne
<b>Calories / Calories 132</b>		
<b>Fat / Lipides</b> 1.32		<b>0%</b>
Saturated / saturés 0g		<b>0%</b>
+ Trans / trans 0 g		
<b>Cholesterol / Cholestérol</b> 4.64 mg		<b>1%</b>
<b>Sodium / Sodium</b> 49 mg		<b>2%</b>
<b>Carbohydrate / Glucides</b> 1.58 g		<b>0%</b>
Fibre / Fibres 0 g		<b>1%</b>
Sugar / Sucres 1 g		
<b>Phosphorus / Phosphore</b> 68.4 mg		<b>7%</b>
<b>Potassium / Potassium</b> 96 mg		<b>3%</b>
<b>Protein / Protéines</b> 29 g		<b>58%</b>
<b>Calcium / Calcium</b> 139 mg		<b>14%</b>

Suggested Use:

Mix 1-2 scoops with 375 ml (12 oz) of liquid. Consume 3-4 scoops daily.

Mode d'emploi:

Ajouter 1 ou 2 mesures dans 375 ml de liquide. Consommer 3 à 4 mesures quotidiennement.

Ingredients:

Micellar Casein, Natural and Artificial Flavours, Xanthan Gum, Sucralose.

Ingrédients:

Caséine micellaire, arômes naturels et artificiels, gomme xanthane, sucralose.

26 G OF THE FINEST GRADE PROTEIN PER SERVING!  
GREAT TASTING! ALL NATURAL, ALL PURE!

- FAT FREE
- 5.4 G GLUTAMINE
- 6.5 G BCAAS
- ASPARTAME FREE
- SANS GRAS
- 5.4 G DE GLUTAMINE
- 6.5 G DE BCAA
- SANS ASPARTAME

WWW.CANADAWHEY.COM

NET WT. 5lb (2.27kg)