



THE RIGHT WHEY FOR OPTIMAL PERFORMANCE AND RECOVERY

Everybody needs protein. Some just need it more than others. Particular lifestyles and individuals at different life stages have special protein requirements. Yet no one needs protein more than active individuals, athletes and weekend warriors who require strength, power and endurance. During any physically strenuous activity, athletes' continual use of their muscles results in muscle breakdown. Once this occurs, the muscles require adequate levels of high quality protein to prevent rapid and continuous muscle breakdown. The greater the stress, the more protein is required to rebuild and restore the muscles. ♦

The right protein to address the protein requirements for those who lead an active lifestyle is Bluebonnet's 100% Natural Whey Protein Isolate.

PRODUCT HIGHLIGHTS:

- Microfiltered
- Not treated with rBGH**
- No artificial sweeteners/flavors
- Low in fat and carbohydrates
- Low in sodium and cholesterol
- Available in five delicious natural flavors (*Natural Original, French Vanilla, Chocolate, Strawberry and Mixed Berry*)

Whey protein isolate is the best natural protein source (better than egg, soy, milk, beef and casein) due to its superior biological value (BV),* its rich source of glutamine and branched chain amino acids, and its unique source of immunoglobulins known to enhance immune function.

Although high-performance athletes are generally not clinically immune deficient, there is evidence that several immune parameters are suppressed during prolonged periods of intense exercise training. The naturally occurring immunoglobulins in whey protein isolate serve as protection during these episodes of transient immune suppression to maintain the general health of these individuals. ♦

So if you are looking for a pure, high quality, fast-acting protein to optimize performance and the recovery phase of both your muscles and immune system after exercise, Bluebonnet's 100% Natural Whey Protein Isolate is the right whey! ♦


Bluebonnet
 NUTRITION TO THE FIFTH POWER
 NATURE · SCIENCE · QUALITY · TRUTH · KNOWLEDGE



*Biological Value (BV) refers to a protein that has all of the essential amino acids in adequate quantities to sustain growth and development
 **rBGH = recombinant bovine growth hormone

Available exclusively at natural food stores

♦ 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.

For additional information on Bluebonnet nutritional supplements, please call **1-800-580-8866**, log on to www.bluebonnetnutrition.com, or write: Bluebonnet Nutrition Corporation, 12915 Dairy Ashford, Sugar Land, TX 77478