

# Healthy Whey™



fitness • nutrition • healing

## Clinical Applications

- Source of High Quality Protein for Individuals Requiring Protein Supplementation
- Promote/Support Lean Body Mass
- Immune Support
- Support for Healthy Intestinal Function
- Improve Glutathione (GSH) Levels

*Healthy Whey™ is a multi-patented, safe, nutritionally-advanced, ultra-filtered whey protein concentrate containing a standardized source of immunoglobulins proven clinically efficacious. The whey is obtained from New Zealand herds raised in a pristine environment free of contaminants, hormones and antibiotics.*

**All Total Fitness® Formulas Meet or Exceed cGMP quality Standards**

## Discussion

Whey protein is one of the two major proteins in cow's milk. The New Zealand herds used for producing Healthy Whey™ are not given hormones and are intentionally infected with a pathogen to force them to make antibodies specific to that pathogen. Healthy Whey™ is a whey protein rich in immunoglobulins (antibodies) derived from very careful processing techniques under controlled temperature and pH. During a series of ultra-filtration steps lactose and water are removed from a slurry of whey. Special care is taken to maintain the integrity of the antibodies and to optimize the protein complex. In comparison to fluid cow's milk and ordinary whey protein concentrate, Healthy Whey™ contains significantly greater concentrations of proteins and immunoglobulins.

Healthy Whey™ can be used not only as a high biological value protein source for healthy individuals, but also to provide immunoglobulins to those in need such as those immuno-compromised and critically ill. The immunoglobulins it contains are almost identical to those of the mammalian species and resist peptic digestion. The immunostimulatory function of immunoglobulins increases the host defense against bacteria, viruses and parasites, reduces inflammation and may reduce the likelihood of allergic reactions.

Each antibody in Healthy Whey™ (IgG1, IgG2, IgM and IgA), has a specific role in immune function. IgM responds quickly to an antigen and specifically to bacteria and viruses. Later in the response, IgG1 and IgG2 attack viruses and other toxins. IgA is critical in the body's defense against viruses and also blocks bacterial adherence. The immunoglobulins also contribute to the humoral immunity of the gut-associated lymphoid tissue (GALT).

Healthy Whey™ contains a rich array of amino acids. The high concentration of branched-chain amino acids present can be used by skeletal muscle during stress and support nitrogen utilization. Arginine increases the activity of natural killer and lymphokine-activated cells. It also increases IGF-1 to support wound healing.

Cysteine and glutamate are found in higher concentrations in Healthy Whey™ than in other high biological value proteins. These amino acids serve as precursors to glutathione, a potent antioxidant especially needed during stress, exercise, poor nutrition. Lactoferrin, alpha-lactalbumin, beta-lactoglobulin and bovine serum albumin are other proteins in Healthy Whey™ that contribute to glutathione synthesis and enhance immune function.



## Supplement Facts

Serving Size: 2 Scoops (20 g)  
Servings Per Container: 15

	Amount Per Serving	%Daily Value
Calories	80	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Saturated Fat	1 g	5%*
Cholesterol	45 mg	15%*
Total Carbohydrate	1 g	0.3%*
Protein	16 g	32%*
Calcium	60 mg	6%
Phosphorus	60 mg	6%
Magnesium	10 mg	3%
Sodium	40 mg	2%
Potassium	120 mg	3%
Immunoglobulins	1.5 g	**

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Daily Value not established.

Ingredients: Whey Protein Concentrate.

## Dosing:

Two scoops of powder yield 16 gms of protein. Unlike many other protein supplements, Healthy Whey™ is palatable on its own, mixed with water, a cold beverage or a favorite recipe. It also readily mixes with other formulas. DO NOT mix in hot drinks or use in recipes that require baking or boiling. DO NOT mix with pineapple or papaya because their enzymes may deactivate the protein. Shake well.

## Typical Amino Acid Profile:

Amino Acid	Milligrams Per Serving	Amino Acid	Milligrams Per Serving
L-Alanine	333	L-Lysine*	1590
L-Arginine**	410	L-Methionine*	280
L-Aspartic Acid	1960	L-Phenylalanine*	520
L-Cysteine	380	L-Proline	1090
L-Glutamic Acid	2880	L-Serline	960
L-Glutamine	1240	L-Threonine*	1290
L-Glycine	1090	L-Tryptophan*	280
L-Histidine**	310	L-Tyrosine**	550
L-Isoleucine (BCAA)*	970	L-Valine (BCAA)*	920
L-Leucine (BCAA)*	1760		

\*Essential amino acid

\*\* Conditionally essential amino acid

## References

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Bell SJ, Forse, RA. Positive Nutrition for HIV Infection and AIDS. ChroniMed: Minneapolis, 1996

Gelinas MD, Bell SJ, Akerman P, Blackburn GL. A practical guide to managing nutrition in cancer patients. In: Block AS (ed). Nutritional Management of the Cancer Patient. Philadelphia: WB Saunders, 1990: 138-158.

Bounous G, Gold, P. The biological activity of undenatured dietary whey proteins: role of glutathione. Clin Invest Med 1991(14)4:296-309

Zimecki M, et al. Immunoregulatory effects of a nutritional preparation containing bovine lactoferrin taken orally by healthy individuals. Arch Immunol Ther Exp 1998; 46:231-240

Additional references available upon request.

## Cautions:

Keep out of reach of children. Do not use as a meal replacement for weight reduction. Intended to be used under supervision.

\*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.

