

# WHERE'S THE WHEY?

## Whey:

is a high-quality, complete protein that is naturally found in dairy.

Provides protein needed to build and maintain muscle.

Can help you feel fuller for longer and maintain a healthy weight.

Promotes muscle repair and recovery after a workout.

## How to Find it on a Food Label:

- ★ **Whey Protein**
- ★ **Whey Protein Isolate**
- ★ **Whey protein concentrate**
- ★ **Hydrolyzed whey protein**

Whey protein is available as a powder and can be found in many foods and beverages such as energy bars, oatmeal, yogurt, and flavored water.

Check the ingredient label for specific information about whey protein content!

For more information, visit [www.nevadamilk.com](http://www.nevadamilk.com)

