



SFH WHEY PROTEIN FORMULAS

“All natural, grass fed, real protein.”™

STRONGERFASTERHEALTHIER WHEY PRODUCT LINE

Product	Key Ingredients & Physical Benefits
PURE WHEY	ARGININE / CITRULLINE enhances blood flow to exercising muscles/ removes toxic work by product - lactic acid.
RECOVERY (POST WORKOUT)	ASPARTATE enhances endurance, enhances fatty acid burning and energy.
FORTIFIED	BETA ALANINE forms sarcosine in muscle, decreases muscle acidification.
DAILY BALANCE	CARNITINE enhances fatty acid transport into mitochondria/drives ATP synthesis.
DAILY BALANCE	CHONDROITIN SULFATE maintains joint mechanics.
DAILY BALANCE	COCONUT FAT VIA MCT'S provides high energy fuel for sustained activity.
DAILY BALANCE	CO-ENZYME Q-10 improves the efficiency of mitochondrial energy generation.
DAILY BALANCE	CREATINE helps maintain muscle energy.
DAILY BALANCE	GLUCOSAMINE decreases exercise and disease induced inflammation.
DAILY BALANCE	GLUTAMIC ACID via GABA decrease insulin overshoot.
DAILY BALANCE	GLUTAMINE stimulates skeletal muscle hypertrophy / stimulates infection fighting.
DAILY BALANCE	ISOLEUCINE is a branched chain amino acid that helps build muscle.
DAILY BALANCE	LEUCINE is a branched chain amino acid used that stimulates the synthesis of skeletal muscle.
DAILY BALANCE	LOW GI CARB decreases hunger and sustains energy without affecting insulin release or fatty weight gain.
DAILY BALANCE	PHENYLALANINE enhances anabolic muscle growth by naturally releasing growth hormone.
DAILY BALANCE	RIBOSE increases ATP synthesis / cellular energy.
DAILY BALANCE	STEVIA is a zero calorie flavor enhancer.
DAILY BALANCE	TAURINE prevents muscle fatigue and atrophy.
DAILY BALANCE	TYROSINE stimulates skeletal muscle hypertrophy / stimulates the release of growth hormone.
ENDURANCE DAILY	
ENDURANCE PRE-RACE	
ENDURANCE IN-RACE	
REJUVENATE	
HUNGER & WEIGHT	

SIX NATURAL FLAVORS:

VANILLA, CHOCOLATE, NATURAL, LIME, COCONUT, PINA COLADA

PURE WHEY: This is 89% pure Whey Protein. Pure goodness, nothing added.

RECOVERY (POST WORKOUT): Designed to be taken within one hour after your activity. This formula helps every cell in your body recover energy (ATP).

FORTIFIED: This formula is designed to add muscle mass. It contains essential amino acids to enhance, naturally, your growth hormone and anabolic muscle growth.

DAILY BALANCE: Contains pure whey protein and an ultra low glycemic index carbohydrate, plus MCT's (coconut fat.) Perfect to maintain muscle, energy and strength.

ENDURANCE PRODUCTS: Designed specifically for Daily, Pre-Race and In-Race use.

REJUVENATE: Specifically designed for the 45+ age group to help build muscle and help keep your joints and muscles healthy.

HUNGER & WEIGHT: Designed to help manage hunger cravings, fight low energy states and manage weight.

NATURAL PRODUCTS GROUNDED IN SCIENCE, NOT HYPE.

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