



# WHY SFH PROTEIN?

SFH whey is a minimally processed, non-denatured whey concentrate derived from year round grass-fed cows and produced in a GMP certified facility. There are no antibiotics or hormones in the treatment of our cows. We do not add artificial fillers, binders, colors or sweeteners. All of our formulas are Gluten Free and Soy Free.

## FORMULAS FOR ALL

### PURE

This is 82-84% pure whey protein. Pure goodness, Nothing added.

### FUEL

Scientifically formulated to provide energy for your every day needs using the powerful combination of protein, coconut fat (MCTs) & apple pectin.

*\*Both PURE & FUEL are good for all age groups including children, pregnant and breast feeding mothers.*

### RECOVERY

Best taken within one hour after activity. This formula helps every cell in your body recover energy (ATP).

*\*Good for adult athletes. Not recommended for children under the age of 18 or during pregnancy.*



AVAILABLE IN 2 POUND BAGS AND  
SINGLE SERVING PACKETS

## COMES IN FOUR NATURAL FLAVORS

VANILLA

CHOCOLATE

NATURAL












COCONUT

READ LABELS. SFH WHEY FORMULAS CONTAIN MINIMAL SUGARS. RELATIVE TO MOST PRODUCTS ON THE MARKET, SFH WHEY INDUCES LESS INSULIN RELEASE.



# SFH WHEY PRODUCT LINE

## KEY INGREDIENTS & THEIR BENEFITS

	PURE WHEY	FUEL	RECOVERY
<b>APPLE PECTIN</b> medium glycemic carbohydrates and a matrix of natural fiber			
<b>CARNITINE</b> enhances fatty acid transport into mitochondria and drives ATP synthesis			
<b>CHONDROITIN SULFATE</b> may help maintain joint health and flexibility			
<b>MCTS VIA COCONUT FAT</b> provides high energy fuel for sustained activity			
<b>CO-ENZYME Q-10</b> may improve the efficiency of mitochondrial energy generation			
<b>CREATINE</b> helps maintain muscle energy			
<b>GLUCOSAMINE</b> may decrease exercise induced inflammation			
<b>GLUTAMINE</b> may stimulate skeletal muscle hypertrophy			
<b>ISOLEUCINE</b> is a branched chain amino acid that helps build muscle			
<b>LEUCINE</b> is a branched chain amino acid that may stimulate the synthesis of skeletal muscle			
<b>RIBOSE</b> may increases ATP synthesis and cellular energy			
<b>STEVIA</b> all natural, zero calorie sweetener. Enhances flavor	