



BALANCE 100% WHEY

WHEY PROTEIN DRINKS ARE A DELICIOUS WAY OF INCREASING YOUR DAILY INTAKE OF PROTEIN, MAKING SURE YOU GET ALL OF THE ESSENTIAL AMINO ACIDS INTO YOUR BODY DAILY AND HELPING MAINTAIN YOUR IMMUNE SYSTEM AT PEAK WORKING ORDER.

Even though athletes may need more protein than the average person, the use of whey protein is for everyone! Whey Protein is an easily digested protein and of all the protein supplements, whey protein has the highest biological value (you get more usable grams of amino acids), providing the full range of essential amino acids needed to function at the top of your game – working or playing.

Whey protein shakes provide a convenient and delicious way to increase your daily intake of protein, tone your body and immune system at the same time. Try some for breakfast and feel better – all day!

Every serve of Balance 100% Whey protein provides a third of your daily requirement of this essential nutrient, together with glutamine, an important amino acid needed to support immune function and a healthy digestive system. Protein is an Everyday

Essential for health, whether you workout or play hard, or just need to maintain your daily protein intake .

Balance 100% Whey Protein is one of the Everyday Essentials found in all Health 2000 stores. Make a delicious fruit smoothie. Just add the powder to bananas, blueberries or other fruits to make a nutritious, satisfying drink that keeps you going

