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Printable Format

Whey Sweet Dairy - 2 lb



Sweet dairy whey powder is a whole food product that is produced as a by-product of cheese manufacturing. It contains 70% lactose (milk sugar) and is low-fat containing less than 2%. Sweet whey powder is a high calcium food and a moderate source of protein. Sweet whey can be further extracted and isolated to obtain a higher protein content. NOW supplies other dried milk products including buttermilk, malted milk, non-fat dry milk, tofu powder, and whole dry milk.

PRODUCT #: 5850
UPC: 733739058508
SRP: $3.99
Where to Buy
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Nutrition Info

Serving Size: 1/4 cup dry (40g)

	Amount Per Serving	% Daily Value
Calories	140	
Calories from fat	5	
Total fat	0.5 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 g	0%
Sodium	360 mg	15%
Total Carbohydrate	29 g	10%
Sugars	29 g	
Protein	5 g	
Calcium		25%

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

Details

Serving Size: 1/4 cup dry (40g)

Servings per container: 23

Suggested Use: As a whole food supplement, add 1/4 cup to blender drinks. Whey powder can be used in many recipes as a replacement for allergenic ingredients. Whey can be used as a base for acidophilus as is aids in the growth of beneficial acidophilus organisms in the gut.

Other Ingredients: 100% Sweet Whey Powder

Warnings: None

Disclaimers: None

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