

SFH WHEY PROTEIN FORMULAS

"All natural, grass fed, real protein."

STRONGERFASTERHEALTHIER WHEY PRODUCT LINE

KEY INGREDIENTS & PHYSICAL BENEFITS	PURE WHEY	FUEL	FORTIFIED	ENDURANCE DAILY	ENDURANCE PRE-RACE	RECOVERY
APPLE PECTIN helps to slow absorption of high glycemic carbohydrates and sugars. May increase gut health and immunity.						
ARGININE enhances blood flow to exercising muscles/ removes toxic work by products used as lactic acid.						
ASPARTATE enhances endurance, may enhance fatty acid burning and energy.						
BETA ALANINE forms sarcosine in muscle, decreases muscle acidification.						
CARNITINE enhances fatty acid transport into mitochondrial/drives ATP synthesis.						
CHONDROITIN SULFATE helps maintain joint health and flexibility.						
COCONUT FAT VIA MCTS provides high energy fuel for sustained activity.						
CO-ENZYME Q-10 improves the efficiency of mitochondrial energy generation.						
CREATINE helps maintain muscle energy.						
GLUCOSAMINE may decrease exercise and disease induced inflammation.						
GLUTAMINE may stimulate skeletal muscle hypertrophy.						
ISOLEUCINE is a branched chain amino acid that helps build muscle.						
LEUCINE is a branched chain amino acid used that may stimulate the synthesis of skeletal muscle.						
LOW GI CARB decreases hunger and sustains energy with minimal effects on insulin release or fat weight gain.						
PHENYLALANINE may enhance muscle growth.						
RIBOSE increases ATP synthesis /cellular energy.						
STEVIA is a zero calorie flavor enhancer.						
TAURINE may prevent muscle fatigue and atrophy.						
TYROSINE may enhance muscle growth.						

SEVEN NATURAL FLAVORS:

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

PURE WHEY: This is 82-84% pure Whey Protein. Pure goodness, nothing added.

FUEL: Scientifically formulated daily supplement that provides energy for your every day needs through the powerful combination of protein, coconut fat (MCTs) & apple pectin.

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

FORTIFIED: Contains specific amino acids to enhance, physiologically, growth hormone release and enhance muscle protein synthesis.

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



NATURAL PRODUCTS GROUNDED IN SCIENCE, NOT HYPE.

www.SFH.com

contact: info@SFH.com 1.877.682.9067

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WHY SFH PROTEIN?

SFH protein is the cleanest high density protein in the world. Our whey protein is derived from clean animals (no hormones, no antibiotics, no grains and calved once a year, low estrogen, high CLA, low omega 6 fats). While pasteurized, the native proteins are not denatured. SFH whey protein digests quickly (absorbs fast), is prepared from a raw milk source and contains no artificial sweeteners, no added carbohydrates, or soy lecithin. This clean protein is used to formulate all of our specialty products.

Take care of your heart and metabolic health. Avoid supplements that stimulate excessively the release of insulin. SFH proteins have minimal effects on insulin, build muscle, burn fats and improve recovery time.

Avoid high glycemic carbs in proteins. Whey concentrates are more quickly absorbed than whey isolates.

THE SCOOP ON SFH WHEY PROTEIN

QUALITY MATTERS – KNOW YOUR PROTEIN

Products	% Protein	% Carbs	% Sugar	Derived from A2 milk	Artificial Ingredients	Contains soy or soy lecithin	Certified as derived from free range, grass fed, no hormones, no antibiotics	Form
SFH Pure Whey	85 ¹	0	0	Yes	No	No	Yes	Non denatured Pure concentrate
Isopure	82	0	0	No	unk	unk	No	Denatured isolate
Progenex ^{3,4}	60	8.5	13	No	Yes	Yes	No	Hydrolyzed denatured isolate
EAS Whey ^{3,4}	67	5	13	No	Yes	Yes	No	Combination isolate & concentrate
Optimum Nutrition Gold Std Whey	80	10	3	No	Yes	Yes	No	Isolate
Muscle Pharm Whey	83	12	6	No	Yes	Yes	No	Hydrolyzed isolate concentrate
DSM PeptoPro	80	0	0	No	Yes	Yes	No	Hydrolyzed ² casein protein
Dymatize Iso-100 ⁴	89	0	0	No	Yes	Yes	No	Isolate
Dymatize Elite Whey	76	6	0	No	Yes	unk	No	Isolate

¹Varies between 82-85% with grass quality & season

²Enhances insulin release

³High % of sugar & carbs

⁴Contains fructose and/or sucralose

WE HAVE A FORMULA FOR ALL AGES AND ATHLETIC ABILITIES
ALL NATURAL FLAVORS INCLUDE:

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

AVAILABLE IN SINGLE SERVING PACKETS

SFH PROTEINS HAVE
NO ADDED CARBS
SYNTHETIC SUBSTANCES
ARTIFICIAL FLAVORS
COLORINGS

Other supplements and bulking agents use sugary carbohydrates known as high glycemic index sugars. These carbohydrates induce the release of insulin, increase inflammation index, fatty weight gain and cardiovascular disease. Insulin blocks fat metabolism and increases fatty weight gain.

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