

# Action Whey™ with BioCysteine3™

## FREQUENTLY ASKED QUESTIONS

1. Is it Halal or Kosher certified?

Yes. The manufacture of Action Whey™ with BioCysteine3™ has been certified Kosher.

2. Have the cows been treated with antibiotics?

The cows are antibiotic-free.

3. How is the fermentation done?

Non-animal rennet enzymes are used. This is an animal-friendly product.

4. Is it a complete protein (contains the full spectrum of amino acids)?

Yes, it is a complete protein with the full spectrum of amino acids.

5. Does it contain casein? Can customers who are allergic or sensitive to casein use it?

Action Whey™ contains no casein and can be consumed by casein-sensitive customers.

6. If there is Vitamin E in the product, what form is it?

Action Whey™ most likely contains a tocopherol complex as naturally occurring in the milk fat, but it has not been tested for it.

7. Where is the whey protein sourced and what safety measures are used in its manufacture?

Action Whey™ is derived from healthy pasture-fed cows. It is sourced from raw milk and produced as a by-product of sweet cheese (cheddar) makers, known for their high safety and quality manufacturing regulations - required to grant a good-tasting, high-quality aged cheese. The whey's processing and safety measures are done in accordance with the FDA GMP guidelines.

8. Is it safe for pregnant/ nursing mothers?

It is safe for pregnant and nursing mothers. However, we always recommend pregnant or nursing mothers consult their physician before making any dietary or lifestyle changes.

9. Is it gluten free? Is it manufactured in a gluten-free environment?

It is gluten-free and manufactured in a gluten-free facility.

10. Is it non-denatured?

Yes. It is non-denatured. The original protein conformation has been protected.

11. Does it go through a pasteurization process? What temperature is it processed at?

Action Whey™ is "Low temperature processed". It is exposed to 72°C for 15 seconds and then cooled down to 50°C.

12. Are the cows certified pasture-fed?

Yes, the cows are certified pasture-fed. We source our whey from farmers who care about their cow's health and have been specifically chosen for the superior quality of their raw milk.

13. Is this a whey protein isolate or concentrate? Percentage?

Whey concentrate, 80%

14. Can people who allergic or sensitive to milk use this product?

The whey is low in lactose and generally can be tolerated by the average lactose- sensitive person. People who are allergic or sensitive to milk may need to consult with their health practitioner before using any dairy product including whey.

15. What type(s) of sweetener(s) is/are used in this product?

The product is naturally sweetened with Lo-han, a non-glycemic fruit extract. Lo-han has been used safely by humans for centuries. It is a dried fruit extract native to southern China, used traditionally as a natural remedy for treating colds, sore throats and digestive disorders.

16. Is it derived from raw milk?

The whey is derived from raw, non-homogenized milk.

17. Does it contain naturally-occurring cysteine?

Yes. Average value 2.9g/100g whey powder.

18. Is it safe for lacto-vegetarians?

Action Whey™ mix is perfectly suited for Lacto-vegetarians. The product contains only naturally-occurring nutrients with no animal amino acids or by-products added. The whey is NOT processed with animal-sourced enzymes (rennet) like most commercial whey proteins. Action Whey™ is animal friendly.

19. Are the Branched Chain Amino Acids peptide bonded amino acids?

The Branched Chain Amino Acids are peptide bonded as naturally occurring in the whey.

20. Is there Vitamin D? What type (D1, D2, or D3)?

The whey protein concentrate contains fat soluble vitamins in the milk fat, believed to include trace amounts of vitamin D-3 cholecalciferol but tested only for vitamin A.

21. Are there any wheat, nut or soy products used in manufacturing? Is it manufactured in a facility that makes other products with these ingredients?

The product is free of wheat and soy. It is manufactured in a facility that is wheat-free but occasionally uses nuts and soy lecithin.

22. Is this recommended as a meal replacement?

Action Whey™ was not designed to be a meal replacement product. It can be used as a protein replacement or supplement on top of a vegetable and fruit-rich diet.

23. What is the source of each ingredient?

All ingredients are 100% food-based.

24. What is the shelf life?

Approximately 2 years if stored at room temperature, or cooler.

25. What is the proper storage temperature?

Room temperature (70° F) or refrigeration.

26. Is there MSG in Action Whey™?

No. Whey protein isolates and concentrates may contain additional MSG only if hydrolyzed milk proteins are present or added in the processing. Action Whey™ is made from raw milk which is not hydrolyzed. Unlike many protein products and sports drinks that contain hydrolyzed proteins, Action Whey™ is free of hydrolyzed protein.

27. Has Action Whey™ been tested for radioactive contamination?

Yes! After the events of Fukushima, we began broad-spectrum testing of our nutrition products for all known radioactive isotopes of concern. All results were below detectable levels.