

SFH WHEY PROTEIN FORMULAS

“All natural, grass fed, real protein.”™



WHY SFH PROTEIN?

Our formulas are based on biochemistry, muscle mechanics, and muscle and cell bioenergetics. We design products to help athletes build muscle while recovering health. Many supplements marketed to athletes actually increase heart rates to dangerous levels and add streaks of fat to an athlete's muscles instead of building real muscle mass. They contain harmful additives and cause spike-and-crash metabolisms.

Take care of your heart. Avoid supplements and energy drinks that contain caffeine, xanthines, methyl-xanthines, ephedra or ephedra-like yohimbine products. Harmful supplements can excessively increase resting heart rates and active heart rates. Prolonged high heart rates can lead to heart problems and even sudden cardiac death. All steroids, steroid-like derivatives and even safe steroids should be avoided. They can lead to serious health consequences including cancer, behavioral changes, and heart disease.

THE SCOOP ON WHEY PROTEIN

	Protein	Sugar	High Glycemic Carbohydrates	Fat Content	Cost per oz.	Flavors
SFH Pure Whey	92%	0%	0%	3%	\$0.99	3
Natural Isopure	76%	8%	10%	2.5%	\$1.46	2
Synergistics	81%	0%	9%	6%	\$2.50	1
Designer Whey	60%	7%	8%	7%	\$0.55	2
EAS Whey	76%	4%	7%	7%	\$0.67	2
Progenex	61%	10%	23%	2%	\$1.37	3

WE HAVE A FORMULA FOR ALL AGES AND ATHLETIC ABILITIES
THREE NATURAL FLAVORS: VANILLA, CHOCOLATE & NATURAL

SFH PROTEINS HAVE
NO ADDED SUGARS
SYNTHETIC SUBSTANCES
ARTIFICIAL FLAVORS
COLORINGS

Other supplements and bulking agents use sugary carbohydrates known as high glycemic index sugars. These carbohydrates cause an imbalance between our body's blood sugar and insulin levels. Insulin acts as a fat storage hormone while at high levels. Athletes want to build muscle, not add bulk in the form of fatty streaks in the muscles and fatty deposits that are hard to work off.

NATURAL PRODUCTS GROUNDED IN SCIENCE, NOT HYPE.

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