

Well Wisdom



Serving Suggestions for ImmunoPro®, RenewPro®, Vital Whey® and GlutImmune™

These products are completely stable at any shipping temperature.

How to ingest: ImmunoPro, RenewPro or Vital Whey may be placed directly in the mouth in small amounts (e.g. 1/2 teaspoon) as often as desired. Chew slowly. They may also be mixed hand mixed in liquids. Add the powder slowly to the liquid as you are stirring with a fork. You may use in water, raw milk or milk substitute (e.g. almond or rice milk) in an amount to satisfy your taste. A shaker jar is recommended. Use of an electric blender is acceptable on low speed. If possible drink slowly and circulate in the mouth before swallowing. This insures the uptake of the native protein peptides.

Important note: Liquids should be cold or room temperature. Do not use hot liquids because high temperature will denature* (damage) the fragile proteins. pH change is also damaging. Mixing the whey protein with any other types of food can induce a pH change and slow the transit time in the stomach through its digestive response to the solid food. Liquids that are not neutral in their pH can denature the proteins, so avoid mixing with fruit juices, coffee, and tea.

By following the above guide the uptake of the intact Native Proteins** in the upper small intestine is optimized. The addition of a sweetener or flavoring for palatability with ImmunoPro is acceptable.

These three products are exceptionally potent in immune and regenerative components and will greatly enhance any protein supplement one is already consuming.

GlutImmune may be mixed with our whey products.

Serving size and frequency: If you are unaccustomed to these products, and there is a possibility you may be sensitive, we suggest that you begin with one measuring teaspoon (approx. 1.5 grams) or less and increase gradually to avoid possible uncomfortable responses. Regular serving size can vary greatly between individuals. Many use one or more servings, one or more times per day. It's best to take these whey products on an empty stomach and refrain from eating for 15 minutes.

Note on allergies and sensitivities: If one has a true milk allergy, all dairy products need to be avoided. People with this condition should be aware of it. Intolerance to milk products and dairy proteins that are damaged from pasteurization and processing is far more common. Wellwisdom whey proteins are not subject to any production methods that would damage the full range of proteins. Lactose content in these whey products is 0.3g per 5 grams which is well below the level for intolerance. If bloating occurs, it can be helpful to place 1/2 teaspoon of whey powder in the mouth and let it dissolve by chewing slowly. Alternating days of use for sensitive individuals and consulting with your health care professional regarding serving size can also be helpful.

How to ingest: GlutImmune may be blended or mixed in with any other liquids or solid foods at any temperature. It is best consumed along with our whey proteins or with meals throughout the day. This allows for the optimal effect of keeping one's glutamine levels up and stable. This product is a dairy free natural source of Covalent Bonded Glutamine and is produced by a proprietary enzyme action on red wheat berries rich in glutamine. This product does contain gluten. It offers the highest long term utilization of glutamine and is completely stable with other liquids or foods at any temperature. Most other glutamine supplements are the synthesized free-form amino acid L-glutamine, which is unstable in combination with other nutrients or foods and in most digestive tract conditions.

Glutamine is the most abundant amino acid in the body and is important for metabolism, weight regulation and the prevention of muscle breakdown. Stressors deplete glutamine more quickly than any other amino acid, therefore it is considered the "essential non-essential" amino acid. Glutamine is also crucial for the maintenance of the nervous system, brain function, intestinal health, and is critical for repair of the constantly renewing cells in our intestinal lining. Glutamine is a component of glutathione production and studies have shown that the body relies on glutamine as cellular fuel for the immune system.