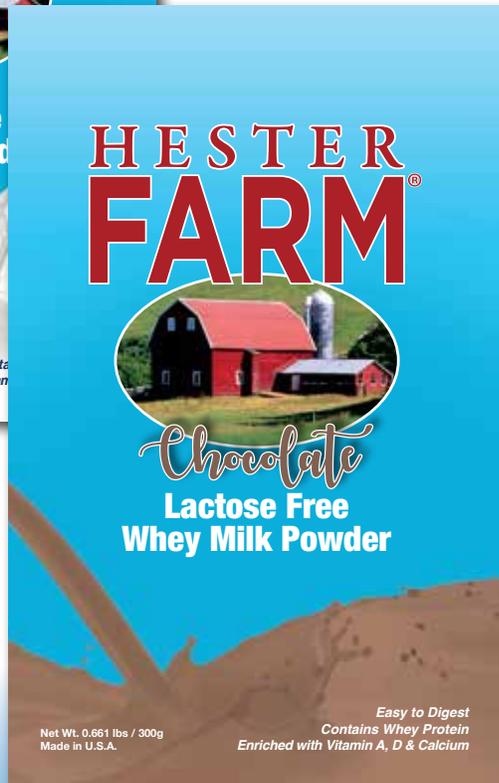
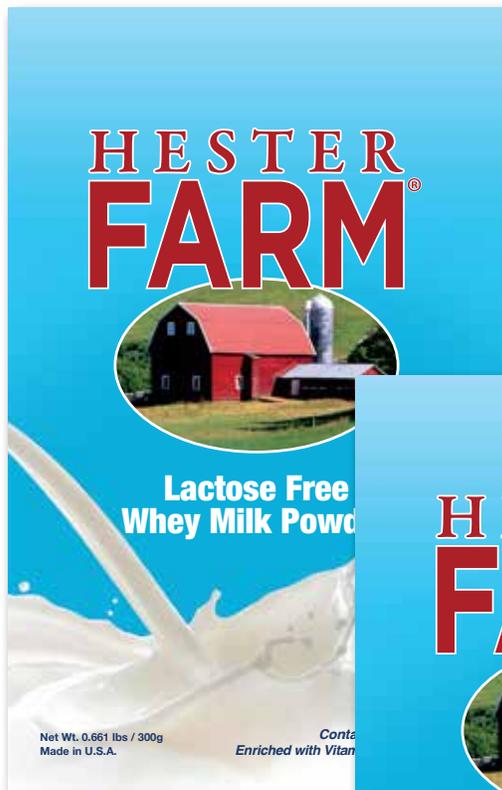
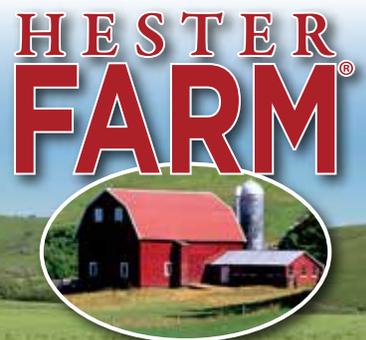


# HESTER FARM®

## Lactose Free Whey Milk Powder



- **Lactose Free**
- **Easy to Digest**
- **Contains Whey Protein**
- **Enriched with Vitamin A, D & Calcium**
- **5 Year Shelf-Life**
- **Made in the USA**



## ***Fresh Taste***

When someone tastes Hester FARM the first thing, they always say is that it "tastes fresh" and doesn't taste like powdered milk. We developed Hester FARM with the goal of providing consumers with a lactose free whey-based milk that tasted better than other non-dairy milk alternatives.

Hester FARM is instant, and it only takes seconds to mix with cold water. One 400g bag will make 13 glasses and the 800g bag will make 26 glasses.

## ***Mixing Instructions***

**To make one glass (8oz)** – Add four (4) heaping tablespoons of Hester FARM to one (1) 8oz glass of cold water. Mix well.

**To make 16oz** – Add eight (8) heaping tablespoons or three quarter (3/4) cups of Hester FARM to two (2) cups of cold water. Mix well.

**To make one quart (32oz)** – Add one & one-half (1 ½) cups of Hester FARM to four (4) cups of cold water. Mix well.

## ***Benefits of Whey Protein***

Most dairy farms in the U.S. are family owned and operated, benefiting from generations of experience. Our whey ingredients come from family owned dairies with happy cows with a balanced and nutritious diet.

Whey is the watery part of milk that remains after the casein is separated when making cheese.

Whey protein used in our product is essentially the best and healthiest part of milk. Whey protein contains minimal lactose and is easy to digest compared to milk protein. Whey proteins are a high-quality complete source of essential and non-essential amino acids naturally found in dairy foods.

Whey protein is one of the most nutritionally complete natural proteins available and compares favorably to other major protein sources using the common measures of protein value; Biological Value (BV), Net Protein Utilization (NPU), and Protein Efficiency Ratio (PER).

## ***Cooking & Coffee***

Yes, you can cook and bake with Hester FARM and use in coffee.

With the whey base of our product it helps to give baked goods that golden-brown crisp that everyone loves.

For cooking and use in coffee, mix the powder first with cold water and let sit preferably chilled for 2 hours so the lactase enzyme can break down the remaining lactose before use.

If you mix and use immediately (without letting sit for 2 hours) the lactase enzyme can become inactive at 149°F

Hester FARM is already lower in lactose than traditional milk. Lactase enzyme breaks down the rest of the lactose into glucose and galactose and this reaction begins when water is added to our product. The remaining lactose breaks down into glucose and galactose in the stomach. Most of the enzyme activity will happen very quickly (30 minutes) when consumed since it's the ideal temperature and pH in the stomach for the enzyme.

## ***Hester Family History***

The family settled in the Pacific Northwest on Government Island, to farm their own land. It was not an easy existence on Government Island as there was and still is no highway access to the island from either the states of Oregon or Washington. The families milked dairy cows and shipped milk by boat across the Columbia River to Portland, Oregon and Vancouver, Washington daily.

In the early 1940's, Adin and Rose Jacob Hester left the island to purchase farmland in Aurora, Oregon and start their own dairy.

This rich history in agriculture brings us to where we are today with the production of premium and healthy dairy products for customers around the world.

