



Protein Pro Chocolate

Natural Chocolate Almond Flavor Protein Supplement
948 GRAMS

PROTEIN PRO CHOCOLATE

DESCRIPTION

Protein Pro Chocolate powder, can be reconstituted into a delicious, chocolate almond flavored, nutritionally fortified protein drink that is a rich source of all the indispensable amino acids essential to health, as well as 25% of the nutrition provided by Douglas Laboratories' Ultra Preventive® III, a multi-vitamin/mineral dietary supplement. **Protein Pro Chocolate's** source of protein is from yellow peas, a low allergenic source that contains no genetically modified plant tissue and is pesticide, lactose and gluten free. **Protein Pro Chocolate** beverage powder also provides a significant amount of the prebiotic fructooligosaccharide (FOS).

FUNCTIONS

The dietary protein provided by **Protein Pro Chocolate** supplies essential amino acids that participate in all of the body's metabolic and physiologic systems including the intestine, skeletal muscle, and the cardiovascular, nervous, and immune systems. Protein turnover in these systems is continuous and can be substantial. The dynamics of this constant degradation and resynthesis demand a daily supply of dietary protein and their constituent amino acids. Essential or indispensable dietary amino acids must be supplied by the diet as they are not made de novo by the body.

Recent analyses of the dietary protein needs of people suggest that age and activity level may influence protein requirement for optimum health. For example, elderly adults may have a significantly higher protein requirement than that of young adults. This requirement may be as high as 1.0 g protein per kg body weight per day, or 25% more than that suggested for a young adult. This higher requirement may derive from a lower efficiency of protein utilization in advancing age, despite the associated decrease in muscle mass. Failure to meet these increased protein needs may negatively affect an individual's immuno-competence and recovery from medical complications.

Some scientists have also suggested that increased protein synthesis follows prolonged exercise. Athletes competing in body building or endurance sports may require significantly more protein than the normal requirement.

Protein Pro Chocolate contains BeFlora Plus™, a prebiotic soluble dietary fiber fructooligosaccharide (FOS). This dietary fiber passes through the small intestine into the colon without being digested or absorbed. Once in the colon, FOS selectively supports healthy levels of beneficial bacteria such as Lactobacillus acidophilus and Bifidobacteria, and other gram-positive, acid-producing bacteria. This in turn creates a slightly acidic environment in the colon that is inhospitable to potentially harmful bacteria and other microorganisms, such as E. coli, and Clostridium species.

Protein Pro Chocolate can help satisfy the body's need for not only the indispensable amino acids, but also for the essential nutrients needed for optimum structure and function of all the body's systems.

INDICATIONS

Protein Pro Chocolate powder is a healthful nutritionally fortified protein supplement for individuals who wish to increase their intake of protein, essential nutrients, and prebiotics in the form of a delicious beverage.

SIDE EFFECTS

No adverse effects have been reported.

Supplement Facts			
Each Serving Contains 1 heaping scoop (31.4 grams) • Servings Per Container (30)			
Amount Per Serving	%DV	Amount Per Serving	%DV
Calories.....	92	Citrus Bioflavonoid Complex.....	23 mg *
Total Carbohydrates.....	6 g	PABA (Para-Aminobenzoic Acid).....	11 mg *
Soluble Fiber.....	1 g	Vanadium (Krebs).....	11 mcg *
Sugars (as Fructose).....	5 g	Boron (Aspartate/Citrate Complex).....	0.3 mg *
Protein.....	18 g	Trace Elements.....	20 mcg *
Each Serving also provides approximately:			
Vitamin A Palmitate/Beta-Carotene Complex.....	6,105 I.U.	(Iron Sea Vegetation).....	45 mg *
Vitamin C (Ascorbic Acid, Com Free).....	260 mg	L-Cysteine/N-Acetyl-L-Cysteine.....	34 mg *
Vitamin D-3.....	25 I.U.	Betaine HCl.....	34 mg *
Vitamin E (Succinate).....	100 I.U.	Typical (average) Amino Acid Profile	
Vitamin B-1 (Thiamine HCl).....	24 mg	Glutamic Acid.....	3,565 mg *
Vitamin B-2 (Riboflavin).....	12 mg	Aspartic Acid.....	2,215 mg *
Niacin/Nicotinamide.....	43 mg	Arginine.....	1,620 mg *
Vitamin B-6.....	24 mg	Lysine.....	1,480 mg *
(Pyridoxine HCl/Pyridoxal-5-Phosphate Complex).....	200 mcg	Leucine.....	1,440 mg *
Folic Acid.....	25 mcg	Phenylalanine.....	990 mg *
Vitamin B-12 (on Ion Exchange Resin).....	75 mcg	Serine.....	970 mg *
Biotin.....	125 mcg	Valine.....	940 mg *
Pantothenic Acid (d-Calcium Pantothenate).....	112 mg	Alanine.....	850 mg *
Calcium (Citrate/Ascorbate Complex).....	45 mcg	Glycine.....	830 mg *
Iodine (Kelp).....	115 mg	Isoleucine.....	810 mg *
Magnesium (Aspartate/Ascorbate Complex).....	5 mg	Proline.....	810 mg *
Zinc (Amino Acid Chelate).....	4.5 mg	Threonine.....	740 mg *
Selenium (Krebs).....	4.5 mcg	Tyrosine.....	740 mg *
Manganese (Aspartate Complex).....	45 mcg	Histidine.....	500 mg *
Chromium GTF.....	23 mcg	Cystine.....	220 mg *
(Organically Bound with GTF activity-Low Allergenicity).....	22 mg	Methionine.....	200 mg *
Molybdenum (Krebs).....	34 mg	Tryptophan.....	180 mg *
Potassium (Aspartate Complex).....	23 mg		
Choline Citrate/Bitartrate.....	34 mg		
Inositol.....	23 mg		

Other ingredients: Yellow pea protein, fructose, Dutch cocoa, BeFlora™ soluble fiber and natural almond flavor.

SUGGESTED USAGE:

As a dietary supplement, adults take one to two servings per day, mixed with 8-10 ounces of water or other liquid. Blend well.

This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, starch, artificial coloring, preservatives or flavoring.

*Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place, (59°-77°F - 15°-25°C) (35%-65% relative humidity).

Manufactured by: DOUGLAS LABORATORIES
Pittsburgh, PA 15205 • www.douglaslabs.com

Tamper resistant package, do not use if outer seal is missing.

FORMULA #57053-148PRO/#2115274

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