



## Protein Pro Vanilla

Natural Vanilla Bean Flavor Protein Supplement  
948 GRAMS

# PROTEIN PRO VANILLA

### DESCRIPTION

**Protein Pro Vanilla** powder, can be reconstituted into a delicious, vanilla bean 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 Vanilla'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 Vanilla** beverage powder also provides a significant amount of the prebiotic fructooligosaccharide (FOS).

### FUNCTIONS

The dietary protein provided by **Protein Pro Vanilla** 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 Vanilla** 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 Vanilla** 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 Vanilla** 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 (31.6 grams) • Servings Per Container (30)				
Amount Per Serving		%DV	Amount Per Serving	%DV
Calories	92		Citrus Bioflavonoid Complex	23 mg *
Total Carbohydrates	7.6 g	2%	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	36%	Trace Elements (from Sea Vegetation)	20 mcg *
<b>Each Serving also provides approximately:</b>				
Vitamin A Palmitate/Beta-Carotene Complex	6,105 IU	122%	L-Cysteine/N-Acetyl-L-Cysteine	45 mg *
Vitamin C (Ascorbic Acid, Corn Free)	240 mg	433%	Betaine HCl	34 mg *
Vitamin D-3	25 IU	6%	<b>Typical (average) Amino Acid Profile</b>	
Vitamin E (Succinate)	100 IU	33%	Glutamic Acid	3,565 mg *
Vitamin B-1 (Thiamine HCl)	24 mg	1,600%	Aspartic Acid	2,215 mg *
Vitamin B-2 (Riboflavin)	12 mg	70%	Arginine	1,620 mg *
Niacin/Nicotinamide	43 mg	215%	Lysine	1,480 mg *
Vitamin B-6	24 mg	1,200%	Leucine	1,440 mg *
(Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)			Phenylalanine	990 mg *
Folic Acid	200 mcg	50%	Serine	970 mg *
Vitamin B-12 (on Ion Exchange Resin)	25 mcg	417%	Valine	940 mg *
Biotin	75 mcg	25%	Alanine	850 mg *
Pantothenic Acid (d-Calcium Pantothenate)	125 mg	1,250%	Glycine	830 mg *
Calcium (Citrate/Ascorbate Complex)	112 mg	11%	Isoleucine	830 mg *
Iodine (Kelp)	45 mcg	30%	Proline	810 mg *
Magnesium (Aspartate/Ascorbate Complex)	115 mg	29%	Threonine	740 mg *
Zinc (Amino Acid Chelate)	5 mg	33%	Tyrosine	740 mg *
Selenium (Krebs)	45 mcg	64%	Histidine	500 mg *
Manganese (Aspartate Complex)	4.5 mg	225%	Cystine	220 mg *
Chromium GTF (Organically Bound with GTF activity-Low Allergenicity)	45 mcg	38%	Methionine	220 mg *
Molybdenum (Krebs)	23 mcg	31%	Tryptophan	180 mg *
Potassium (Aspartate Complex)	22 mg	<1%		
Choline Citrate/Bitartrate	34 mg	*	*Daily Value not established.	
Inositol	23 mg	*		

Other ingredients: Yellow pea protein, fructose, natural vanilla bean flavor, maltodextrin and BeFlora™ soluble fiber.

#### 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.

1Krebs = 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 #67054-948PRO/#2115274

### REFERENCES

- Campbell, JM, Fahey, GC, Jr., Wolf, BW. Selected indigestible oligosaccharides affect large bowel mass, cecal and fecal short-chain fatty acids, pH and microflora in rats. *J Nutr* 1997;127:130-6.
- Campbell, WW, Crim, MC, Dallal, GE, Young, VR, Evans, WJ. Increased protein requirements in elderly people: new data and retrospective reassessments. *Am J Clin Nutr* 1994;60:501-9.
- Collins, MD, Gibson, GR. Probiotics, prebiotics, and synbiotics: approaches for modulating the microbial ecology of the gut. *Am J Clin Nutr* 1999;69:1052S-1057S.
- Gibson, GR, Fuller, R. Aspects of in vitro and in vivo research approaches directed toward identifying probiotics and prebiotics for human use. *J Nutr* 2000;130:391S-395S.
- Kurpad, AV, Vaz, M. Protein and amino acid requirements in the elderly. *Eur J Clin Nutr* 2000;54:S131-S142.
- Lemon, PW. Beyond the zone: protein needs of active individuals [In Process Citation]. *J Am Coll Nutr* 2000;19:513S-521S.
- Rankin, JW. Role of protein in exercise. *Clin Sports Med* 1999;18:499-511, vi.
- Ritz, P. Physiology of aging with respect to gastrointestinal, circulatory and immune system changes and their significance for energy and protein metabolism. *Eur J Clin Nutr* 2000;54:S21-S25.
- Tarnopolsky, MA. Protein and physical performance. *Curr Opin Clin Nutr Metab Care* 1999;2:533-7.
- Young, VR, Borgonha, S. Nitrogen and amino acid requirements: the Massachusetts Institute of Technology amino acid requirement pattern. *J Nutr* 2000;130:1841S-9S.