



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

FORMULA #67054-948PRO/#2115274

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