

Ultra Protein Plus

(Chocolate Almond)

Protein supplement beverage

DESCRIPTION

Ultra Protein Plus powder, provided by Douglas Laboratories®, 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. Ultra Protein Plus'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. Ultra Protein Plus beverage powder also provides a significant amount of the prebiotic fructooligosaccharide (FOS).

FUNCTIONS

The dietary protein provided by Ultra Protein Plus 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. Ultra Protein Plus 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.

Douglas Laboratories' Ultra Protein Plus 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

Ultra Protein Plus 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.

FORMULA (#57053)

Each serving

(1 heaping scoop or 1 packet [31.6 grams]) contains:

Calories	92
Total Carbohydrate (Chocolate Almond) ...	6 g
Sugars (as Fructose)	5 g
Soluble Fiber	1 g
Protein	18 g

Each serving also provides approximately:

Vitamin A Palmitate/Beta-Carotene.....	6105 IU
Vitamin D-3.....	25 IU
Vitamin E (Succinate)	100 IU
Vitamin C (Ascorbic Acid, Corn Free).....	260 mg
Vitamin B-1 (Thiamin HCl)	24 mg
Vitamin B-2 (Riboflavin)	12 mg
Niacin/Niacinamide	43 mg
Pantothenic Acid (d-Calcium Pantothenate)	125 mg
Vitamin B-6	24 mg
(Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Vitamin B-12 (on Ion Exchange Resin)	25 mcg
Folic Acid	200 mcg
Biotin	75 mcg
Choline Citrate/Bitartrate	34 mg
Inositol.....	23 mg

(continued on reverse)

Citrus Bioflavonoid Complex.....	23	mg
PABA (Para-Aminobenzoic Acid)	11	mg
Calcium (Citrate/Ascorbate Complex)	112	mg
Magnesium (Aspartate/Ascorbate Complex).....	115	mg
Potassium (Aspartate Complex)	22	mg
Zinc (Amino Acid Chelate)	5	mg
Manganese (Aspartate Complex)	4.5	mg
Iodine (Kelp)	45	mcg
Chromium GTF	45	mcg
(Organically bound with GTF activity- low allergenicity)		
Selenium	45	mcg
(Organic Selenium in Krebs* Cycle and Kelp)		
Molybdenum (Krebs*)	23	mcg
Vanadium (Krebs*)	11	mcg
Boron (Aspartate/Citrate Complex).....	0.3	mg
Trace Elements	approx 20	mcg
(from Sea Vegetation)		
L-Cysteine/N-Acetyl-L-Cysteine	45	mg
Betaine HCl	34	mg

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

Typical Amino Acid Profile:

Histidine	500	mg
Isoleucine.....	830	mg
Leucine	1440	mg
Lysine	1480	mg
Methionine plus Cystine.....	420	mg
Phenylalanine plus Tyrosine.....	1730	mg
Threonine.....	740	mg
Tryptophan	180	mg
Valine	940	mg
Glycine	830	mg
Alanine	850	mg
Serine.....	970	mg
Aspartic Acid.....	2215	mg
Proline	810	mg
Arginine.....	1620	mg
Glutamic Acid	3565	mg

Other Ingredients (Chocolate Almond):

Yellow pea protein, Fructose, Dutch cocoa, BeFlora™ soluble fiber, Natural almond flavor.

SUGGESTED USE

Adults take one to two servings per day, mixed with 8 – 10 ounces of water or other liquid. Blend well.

SIDE EFFECTS

No adverse effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

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