

Pro-PCA Fuel



Formula	Size	S.R.P.
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57179P 1,000 g. Powder (Chocolate Flavor)

57180P 1,000 g. Powder (Raspberry Flavor)

HEALTH FUNCTION:

Energy/Sport/Fitness,
General Health

Pro-PCA Fuel is a sports drink powder designed to meet the nutrient needs during the three phases of the training cycle (pre-exercise, training session, and post exercise recovery). Pro-PCA provides both carbohydrates and protein together with a broad profile of vitamins and minerals, yielding a high-glycemic, moderate-protein content powder targeted at optimizing nutrient loading for performance while at the same time seeking to limit exercise-induced damage. Pro-PCA can be used to help support protein synthesis, glycogen metabolism and insulin production during the training cycle.

1,000 gram container is approximately 30 servings.

Each Scoop (approximately 33 grams) Contains:

Calories.....	115
Total Carbohydrates.....	21 g.
Sugars.....	5 g.
Protein.....	8 g.
Vitamin A Palmitate/ Beta Carotene.....	1,825 I.U.
Vitamin C.....	170 mg. (Ascorbic Acid, Magnesium Ascorbate, Calcium Ascorbate, Ascorbyl Palmitate)
Vitamin D.....	50 I.U.
Vitamin E.....	50 I.U. (d-Alpha Tocopheryl Acetate and mixed Tocopherols)
Vitamin B-1 (Thiamine HCl).....	12 mg.
Vitamin B-2 (Riboflavin).....	6 mg.
Niacin/Niacinamide.....	23 mg.
Vitamin B-6.....	12 mg. (Pyridoxine HCl/Pyridoxal-5- Phosphate Complex)
Folic Acid.....	100 mcg.
Vitamin B-12.....	30 mcg. (Cyanocobalamin/Methylcobalamin)
Biotin.....	37 mcg.
Pantothenic Acid.....	60 mg. (Calcium Pantothenate)
Calcium (Citrate/Carbonate).....	60 mg.
Iodine (Kelp).....	25 mcg.

SUGGESTED USAGE:

1 scoop three times during
exercise

Magnesium (Aspartate Complex).....	60 mg.
Zinc (Amino Acid Chelate).....	3 mg.
Selenium (Krebs*).....	25 mcg.
Copper (Amino Acid Chelate).....	250 mcg.
Manganese (Sulfate).....	1.25 mg.
Chromium (GTF).....	25 mcg.
Molybdenum (Krebs*).....	12.5 mcg.
Potassium.....	95 mg. (Potassium Phosphate)
Vanadium (Krebs*).....	6.25 mcg.
Choline Bitartate/Citrate.....	18 mg.
Inositol.....	12 mg.
PABA.....	6 mg.
Boron (Citrate).....	190 mcg. (Para-Aminobenzoic Acid)
Betaine HCl.....	18 mg.

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

Typical Amino Acid Profile

Glutamic Acid.....	3,565 mg.
Aspartic Acid.....	2,215 mg.
Arginine.....	1,620 mg.
Lysine.....	1,480 mg.
Leucine.....	1,440 mg.
Phenylalanine.....	990 mg.
Serine.....	970 mg.
Valine.....	940 mg.
Alanine.....	850 mg.
Glycine.....	830 mg.
Isoleucine.....	830 mg.
Proline.....	810 mg.
Threonine.....	740 mg.
Tyrosine.....	740 mg.
Histidine.....	500 mg.
Cysteine.....	220 mg.
Methionine.....	200 mg.
Tryptophan (naturally occurring)	180 mg.

Other ingredients: Maltodextrin, whey (milk) protein concentrate, fructose, whey (milk) protein isolate and natural flavor.

