

**Ultra Protein Plus
(Chocolate Almond)
Protein supplement beverage**

DESCRIPTION

Ultra Protein Plus, provided by Douglas Laboratories®, is a delicious, chocolate almond flavored, nutritionally comprehensive protein powder that contains 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. This formula also provides a significant amount of the prebiotic fructooligosaccharide (FOS). Ultra Protein Plus can easily be added to water or other liquid to create a ready-to-drink protein shake.

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, stress, metabolic factors and activity level may influence protein requirement for optimum health.† For example, certain individuals may have a significantly higher protein requirement than others. This requirement may be higher than the suggested requirement of 0.8 g of protein per kg of body weight per day for adults. 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. 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 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 [approx 30.3 grams]) contains:

Calories	92
Total Carbohydrate (Chocolate Almond)	6 g
Sugars (as Fructose)	5 g
Soluble Fiber	1 g
Protein	16 g

Each serving also provides approximately:

Vitamin A (Palmitate/Beta-Carotene)	6,105 IU
Vitamin D-3.....	25 IU

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Vitamin E (acetate).....	100 IU
Vitamin C (Ascorbic Acid).....	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 (cyanocobalamin)	25 mcg
Folic Acid	200 mcg
Biotin.....	75 mcg
Choline Citrate/Bitartrate	34 mg
Inositol	23 mg
Citrus Bioflavonoid Complex	23 mg
PABA (Para-Aminobenzoic Acid).....	11 mg
Calcium (Citrate/Ascorbate/Carbonate Complex).....	112 mg
Magnesium (Aspartate/Ascorbate/Oxide Complex).....	115 mg
Sodium (from pea protein).....	240 mg
Potassium (Aspartate/chloride Complex).....	22 mg
Zinc (Amino Acid Chelate).....	5 mg
Manganese (Aspartate/Sulfate 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:

Glutamic Acid.....	2672 mg
Aspartic Acid	1840 mg
Arginine	1392 mg
Lysine	1136 mg
Leucine.....	1312 mg
Phenylalanine	880 mg
Serine	816 mg
Valine	800 mg
Alanine.....	688 mg
Glycine.....	640 mg
Isoleucine	752 mg
Proline	688 mg
Threonine.....	608 mg

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Tyrosine	608 mg
Histidine.....	400 mg
Cystine	160 mg
Methionine.....	176 mg
Tryptophan	160 mg

Other Ingredients (Chocolate Almond):

Yellow pea protein, Fructose, Dutch cocoa, BeFlora™ soluble fiber, cellulose, Natural almond flavor, vegetable stearate, silica.

SUGGESTED USE

Adults take one scoop daily, mixed with 8 – 10 ounces of water or other liquid. Blend well.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

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

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For more information on Ultra Protein Plus visit douglaslabs.com

† 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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Your patients trust you.**

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