SCIENTIFIC NUTRITION FOR ADVANCED CONDITIONING

PROGLYCOSYN™

VANILLA CREAM

THE ULTIMATE POST-WORKOUT RECOVERY FORMULA

Proglycosyn™ is an advanced one-to-one ratio protein carbohydrate formulation designed specifically to accelerate post-exercise protein and glycogen synthesis by supplying a unique combination of whey protein isolates, carbohydrates, and anabolic nutrients.

While glycogen synthesis is important and dependent on an adequate supply of post-recovery dietary carbohydrate, the provision of an adequate supply of dietary protein is just as important to ensure optimal post-exercise muscle protein synthesis – a process that requires a constant supply of dietary amino acids[1].

Insulin release is also believed to be an important factor in optimizing exercise recovery as well as muscle growth[2, 7]. Recent research has shown that a 50/50 protein-carbohydrate combination raises insulin almost as much as a hundred percent of simple carbohydrate alone[4]. Provision of protein and carbohydrate increase serum insulin, which enhances synthesis of both muscle protein and glycogen as well as creatine transport – important factors in increasing muscle size and performance.[7]

Proglycosyn also contains L-glutamine which research has demonstrated as being an important aspect of muscle protein synthesis[6]. Since stores of glutamine can be depleted during exercise and physiological stress, and dietary supplies are often limited, supplementing glutamine may be beneficial for exercise recovery.

Proglycosyn is not a creatine loading formula, rather, Proglycosyn is formulated to provide creatine in smaller doses[8], reducing the potential for muscle tightness and excessive water retention, factors that could adversely affect performance.*

Many elite amateur and professional athletes from various sports including bodybuilding, football, baseball, track and field, tennis and swimming are utilizing Proglycosyn to enhance their muscle mass and sports performance.

1. MacDougall, JD., et al., "The time course for elevated muscle protein synthesis following heavy resistance exercise." Canadian Journal of Applied Physiology, 20(4):480-486, 1995.
2. Chandler RM, Byrne HK, Patterson JG, Ivy JL. "Dietary supplements affect the anabolic hormones after weight-training exercise." Canadian Journal of Applied Physiology. 19(4):439-49, 1994.
3. Gibson WT, Tremblay A, Corr M, Hudson G, Perry RT, Mikkelsen CJ. "Influences of dietary energy and protein on resting energy metabolism during feeding in healthy adults." American Journal of Physiology. 270(2 Pt 1):E292-9, 1996.
4. Ivy JL, Goforth HW Jr, Damon BM, McCauley TR, Parsons EC, Price TB. "Early postexercise muscle glycogen recovery is enhanced with a carbohydrate-protein supplement." Journal of Applied Physiology. 93(4):1337-44, 2002.
5. Kreider, RB. "Creatine." Personal communication and literature in Critical Issues: Molecular Manipulation and Ergogenic Aids. Lecture Compact, Austin Texas, 1999.
6. Varnier M, Leese GP, Thompson J, Rennie MJ. "Stimulatory effect of glutamine on glycogen accumulation in human skeletal muscle." American Journal of Physiology. 267(2 Pt 1):E253-60, 1994.
7. Zawadzki KM, Yaspelkis BB 3rd, Ivy JL. "Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise." Journal of Applied Physiology. 72(5):1854-9, 1992.
8. Volek JS, Kraemer WJ, Bush JA, Boetes M, Incledon T, Clark KL, Lynch JM. "Creatine supplementation enhances muscular performance during high-intensity resistance exercise." Journal of the American Dietetic Association. 97(7):765-70, 1997.

WARNING: Consult a physician before use if you have been treated for or diagnosed with, or have a family history of, any medical condition(s). Keep out of the reach of children.

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

Burlingame, CA 94010

www.snac.com 1-800-697-2686

SUPPLEMENT FACTS

Serving size: 2 scoops (70 grams)
Servings Per Container: 20

	Amount per Serving	% Daily Value
Calories	350	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	5 mg	2%
Total Carbs	25 g	8%
Sugars	25 g	**
Protein	25 g	50%
Calcium	100 mg	10%
Magnesium (from Magnesium Creatine)	80 mg	20%
Chromium (as Chromium Polynicotinate)	100 mcg	80%
Sodium	40 mg	4%
Potassium	130 mg	4%
L-Arginine	1 g	**
L-Glutamine	2.5 g	**
Creatine Blend (Creatine Monohydrate, Magnesium Creatine)	3 g	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Ingredients: Instant Whey Protein Isolates (Derived from Milk), Dextrose, Vanilla Creme Flavoring (naturally and artificially flavored), L-Glutamine, Creatine Monohydrate, L-Arginine, Magnesium Creatine, Chromium Polynicotinate.

Recommended Use: Add two scoops of powder to 8 ounces of liquid and mix well. Use post-workout only.

SNAC

DIETARY SUPPLEMENT • NET WT. 2.6 LBS (1180 GRAMS)