Proglycosyn™ is an advanced one-to-one ratio protein carbohydrate formulation designed specifically to help 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 acids1.*

nsulin release is also believed to be an important factor in optimizing exercise recovery as well as muscle growth 2,3 .* Recent research has suggested that a 50/50 protein-carbohydrate combination facilitates the body's insulin production far greater than simple carbohydrate alone4.* Provision of protein and carbohydrate helps maximize serum insulin, which enhances synthesis of both muscle protein and glycogen as well as creatine transport – important factors in increasing muscle size and performance6.*

Proglycosyn™ also contains L-glutamine which research has suggested as being an important aspect of muscle protein synthesis⁵.* 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 doses6, reducing the potential for exercise related muscle tightness and excessive water retention, factors that could adversely

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 performances.*

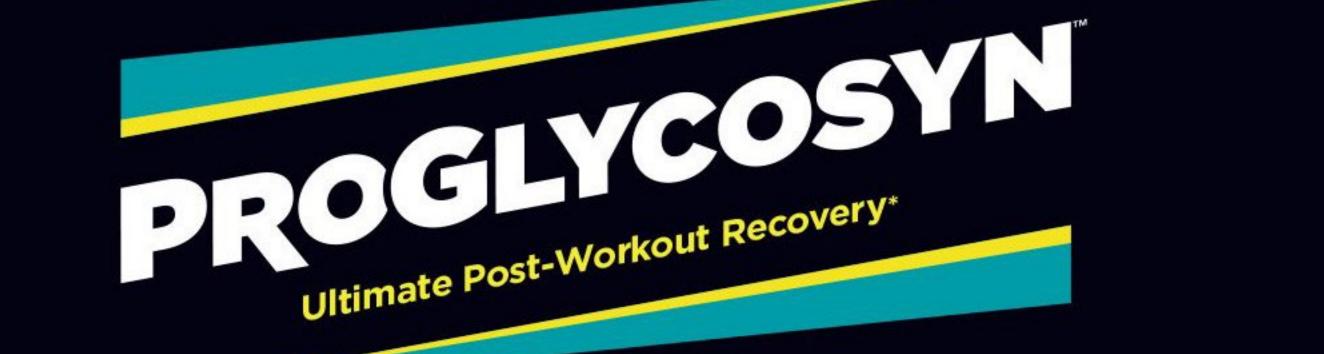
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

WARNING: Do not use if pregnant, nursing, or under the age of 18. Consult your doctor before using this or any dietary supplement. Immediately discontinue use and contact your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN. To report any serious adverse events, please call 800-697-2086 or email info@snac.com.

Proglycosyn™ is a trademark of SNAC System, Inc.





DIETARY SUPPLEMENT

Net Wt. 41.6 oz (2.6 lbs) 1,180 g



Supplement Facts

Amount Per Serving

Serving Size: 2 Scoops (59 g/2.08 oz)

Servings Per Container: 20

Amount Per Serving

Amount rei sei ving	70 Daily Value	Amountrel Serving	70 Daily value
Calories 180		Sodium 52 mg	2%
Calories from Fat 2		Potassium 134 mg	4%
Total Fat 0.5 g	0%**	Creatine Pland 2 a	1
Cholesterol <5 mg	0%**	Creatine Blend 3 g	
	7%**	Creatine monohydrate	†
Total Carbohydrate 22 g		Magnesium creatine	+
Dietary Fibers 0 g	0%**		1
Sugars 22 g	+	L-Glutamine 3 g	T_
Protein 24 g	48%**	L-Arginine hydrochloride 1	g t
Calcium 109 mg	10%	**Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.	
Magnesium 38 mg	10%		
Chromium (as chromium			
polynicotinate) 100 mcg	80%		

Other Ingredients: Whey protein isolate, dextrose, natural vanilla flavors, natural orange flavor, xanthan gum, soy lecithin, citric acid, sucralose

Contains Milk and Soy. Manufactured in a plant that processes wheat and eggs.

DISTRIBUTED BY SNAC SYSTEM, INC. SAN CARLOS, CA 94070 USA

www.snac.com 1-800-697-2086

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



% Daily Value