

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 acids^{1,*}

Insulin 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 alone^{4,*}. 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 performance^{6,*}.

Proglycosyn™ also contains L-glutamine which research has suggested as being an important aspect of muscle protein synthesis^{5,*}. 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 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 performances.*

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*, 76(2):839-45,1994
3. Gibson NR; Fereday A; Cox M Halliday D; Pacy PJ; Millard DJ. Influences of dietary energy and protein on leucine kinetics during feeding in healthy adults. *American Journal of Physiology*, 270(2 Pt 1):E282-91, 1996
4. Steenage, GR., Simpson, J., Greenhaff, PL; protein-and carbohydrate-induced augmentation of whole body creatine retent ionin humans, *Journal of Applied Physiology*, 89:1165-1171, 2000
5. Souba, WW. Glutamine: Physiology, Biochemistry, and Nutrition. Medical Intelligence Unit. R.G. Landes Company, Austin Texas, 1992
6. Terjung RL; Clarkson PI Elchner Er; Greenhaff PL; Hespel PJ; Israel RG; Kraemer WJ; Meyer RA; Spriet LL; Tamopolsky MA; et al American College of Sports Medicine roundtable. The physiological and health effects of oral creatine supplementation. *Medicine and Science in Sports and Exercise*, 2000 Mar; 32(3): 706-17

***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.



PROGLYCOSYN™

Ultimate Post-Workout Recovery*

DIETARY SUPPLEMENT

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



Supplement Facts

Serving Size: 2 Scoops (59 g/2.08 oz)
Servings Per Container: 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 180		Sodium 52 mg	2%
Calories from Fat 2		Potassium 134 mg	4%
Total Fat 0.5 g	0%**	Creatine Blend 3 g	†
Cholesterol <5 mg	0%**	Creatine monohydrate	†
Total Carbohydrate 22 g	7%**	Magnesium creatine	†
Dietary Fibers 0 g	0%**	L-Glutamine 3 g	†
Sugars 22 g	†	L-Arginine hydrochloride 1 g	†
Protein 24 g	48%**		
Calcium 109 mg	10%		
Magnesium 38 mg	10%		
Chromium (as chromium polynicotinate) 100 mcg	80%		

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

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

