

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*.

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.*

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- Steenslag GR, Simpson J, Greenhaff PL: protein- and carbohydrate-induced augmentation of whole body creatine retention in humans. *Journal of Applied Physiology*, 89:1165-1171, 2000
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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.

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SNAC SCIENTIFIC NUTRITION for ADVANCED CONDITIONING

SNAC
NUTRITION

PROGLYCOSYN™
Ultimate Post-Workout Recovery

DIETARY SUPPLEMENT

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

**VANILLA
CREAM** 
Natural & Artificial Flavor

Supplement Facts

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

Servings Per Container: 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories 180		Chloride 30 mg	0%
Calories from Fat 0		Sodium 72 mg	1%
Total Fat 0 g	0%**	Potassium 134 mg	4%
Cholesterol 0 mg	0%**	Creatine Blend 3 g	†
Total Carbohydrate 22 g	7%**	Creatine monohydrate	†
Dietary Fiber <1 g	1%**	Magnesium creatine	†
Sugars 21 g	†	L-Glutamine 3 g	†
Protein 24 g	48%**	L-Arginine hydrochloride 1 g	†
Calcium 109 mg	10%		
Magnesium 38 mg	10%		
Chromium (from 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 and artificial vanilla flavors, 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

Recommended Use:

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

