

Suggested Usage: Pro-PCA Fuel is designed to be used during the Three Phases of the Training Cycle, as indicated in the dosage table below. Pro-PCA Fuel is one of the first sports performance products to consider the nutrient fueling needs of different sized athletes. PCA nutrient fueling is critically important for all serious athletes to mitigate the free radical and other damaging effects of vigorous exercise.

Athlete Classification & Three Phase Plan

Class 1 Athletes (Athletes who weigh less than 170 pounds).

Phase 1: Pre-Exercise

Mix 1 Scoop in 8 to 10 ounces of filtered water. Drink Pre-Exercise formula 15 to 30 minutes before exercise.

Phase 2: Training Session

Mix 1 Scoop in 12 to 20 ounces of filtered water. Drink lightly during your training session. Fluids should equal your normal intake during training.

Phase 3: Post Exercise Recovery

Mix 1 Scoop in 12 to 16 ounces of filtered water. Drink this immediately after training to maximize recovery benefits.

Class 2 Athletes (Athletes who weigh 170 to 240 pounds).

Phase 1: Pre-Exercise

Mix 1.5 Scoops in 8 to 10 ounces of filtered water. Drink Pre-Exercise formula 15 to 30 minutes before exercise.

Phase 2: Training Session

Mix 1.5 Scoops in 12 to 20 ounces of filtered water. Drink lightly during your training session. Fluids should equal your normal intake during training.

Phase 3: Post Exercise Recovery

Mix 1.5 Scoops in 12 to 16 ounces of filtered water. Drink this immediately after training to maximize recovery benefits.

Class 3 Athletes (Athletes who weigh over 240 pounds).

Phase 1: Pre-Exercise

Mix 2 Scoops in 8 to 10 ounces of filtered water. Drink Pre-Exercise formula 15 to 30 minutes before exercise.

Phase 2: Training Session

Mix 2 Scoops in 12 to 20 ounces of filtered water. Drink lightly during your training session. Fluids should equal your normal intake during training.

Phase 3: Post Exercise Recovery

Mix 2 Scoops in 12 to 16 ounces of filtered water. Drink this immediately after training to maximize recovery benefits.

This product contains NO yeast, wheat gluten, soy protein, corn, sodium, starch, artificial coloring, preservatives or flavoring.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Pro-PCA Fuel is scientifically designed to be used during the 3 Phases of the Training Cycle, but is Not Recommended as a meal replacement product because of its content of high glycemic sugars which are required to achieve the performance objectives discussed in the Product Data Sheet. Please refer to www.douglaslabs.com for more information on this revolutionary sports performance product.

Formula #57180P

Sports Performance

Pro-PCA Fuel

Training Session Formula

Protein • Carbohydrate • Antioxidants

Natural Raspberry Flavor

A Dietary Supplement



1,000 grams

Supplement Facts

Serving Size 1 scoop (33.3 grams)

Servings Per Container 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	115	Vanadium (Krebs).....	6.25 mcg *
Total Carbohydrates	21 g 7%	Choline (Choline Bitartrate/Citrate).....	18 mg *
Sugars	5 g *	Inositol	12 mg *
Protein	8 g 16%	PABA (Para-Aminobenzoic Acid).....	6 mg *
Each Serving also provides approximately:		Boron (Citrate).....	190 mcg *
Vitamin A (from Beta-Carotene [1,200 IU] ... 1,825 IU and Vitamin A Palmitate)	37%	Betaine HCl.....	18 mg *
Vitamin C	170 mg 283%	Typical Amino Acid Profile	
(Ascorbic Acid, Magnesium Ascorbate, Calcium Ascorbate, Ascorbyl Palmitate)		Glutamic Acid.....	1,597 mg *
Vitamin D	50 IU 13%	Aspartic Acid.....	565 mg *
Vitamin E	50 IU 167%	Arginine	226 mg *
(as d-Alpha Tocopheryl Acetate and mixed Tocopherols)		Lysine	916 mg *
Vitamin B-1 (Thiamine HCl).....	12 mg 800%	Leucine	767 mg *
Vitamin B-2 (Riboflavin).....	6 mg 353%	Phenylalanine.....	287 mg *
Niacin/Niacinamide	23 mg 115%	Serine	448 mg *
Vitamin B-6	12 mg 600%	Valine	533 mg *
(Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)		Alanine.....	483 mg *
Folic Acid	100 mcg 25%	Glycine.....	179 mg *
Vitamin B-12	30 mcg 500%	Isoleucine.....	570 mg *
(Cyanocobalamin/Methylcobalamin)		Proline.....	564 mg *
Biotin.....	37 mcg 12%	Threonine.....	602 mg *
Pantothenic Acid (from Calcium Pantothenate).....	60 mg 600%	Tyrosine.....	124 mg *
Calcium (from Citrate/Carbonate).....	60 mg 6%	Histidine.....	171 mg *
Iodine (Kelp).....	25 mcg 17%	Cysteine.....	224 mg *
Magnesium (from Aspartate/Oxide Complex).....	60 mg 15%	Methionine.....	216 mg *
Zinc (Amino Acid Chelate).....	3 mg 20%	Tryptophan (naturally occurring).....	157 mg *
Selenium (Krebs).....	25 mcg 36%	*Daily Value not established.	
Copper (Amino Acid Chelate).....	250 mcg 13%		
Manganese (Sulfate).....	1.25 mg 63%		
Chromium (GTF).....	25 mcg 21%		
Molybdenum (Krebs).....	12.5 mcg 17%		
Potassium.....	95 mg 2%		
(from Potassium Phosphate/Chloride Complex)			

Other ingredients: Maltodextrin, whey (milk) protein concentrate, fructose, whey (milk) protein isolate and natural flavor.

Manufactured by:
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