

PRO 360 from Athlete's Choice provides the ideal balance of calories, proteins, carbohydrates and fats to fuel your workouts, maintain and build lean muscle mass and accelerate overall muscle recovery and repair. You want the competitive advantage and by adding **PRO 360** to your exercise program you will maximize your efforts and get results in strength, power, speed, and explosiveness. So here is the breakdown:

Exercise demands fuels and **PRO 360** is specially formulated to provide clean burning high performance energy to fuel your demanding muscles at peak performance and brain to keep you focused and energized. Each serving of **PRO 360** delivers 20 grams of the highest quality blend of whey protein isolate (WPI), whey protein concentrate (WPC) and whole milk solids available. **PRO 360** was formulated to meet the current permissible protein content per serving of the NCAA.

Carbohydrates are the most important fuel source for energy production during exercise. There is direct correlation between the intake of carbohydrates and performance. Carbohydrates also promote the production of more concentrated and stored carbohydrates in muscles and liver called glycogen. Glycogen provides carbohydrate fuel reserves for extended exercise, is a protein-sparing nutrient, and works with proteins to rebuild muscle. The American College of Sports Medicine recommends that carbohydrate be ingested at a rate of 30 to 60 grams per hour to maintain oxidation of carbohydrates as fuel and delay fatigue. **PRO 360** provides an ideal 38 grams of rapidly assimilated and intermediate molecular weight carbohydrates providing the ideal amount of carbohydrate to maximize continuous and extended use. Fats can also be a very important fuel during exercise. In fact, the body actively seeks out fat in the form of free fatty acids as concentrated fuel for exercise. Therefore, it is important that we provide fat in the form of a healthy, natural sunflower oil and in the right amount in **PRO 360**. Sunflower oil is also a good source of the essential fatty acid, linoleic acid.

PRO 360 IS:

- Pure and all natural
- Free of banned substances
- Formulated to meet current NCAA Guidelines
- Free of artificial flavors, colors, or preservatives
- Gluten-free
- Free of artificial sweeteners (aspartame, sucralose, acesulfame potassium)
- Made in the U.S.A. in a manufacturing facility that meets current Good Manufacturing Practices (cGMP)
- Great tasting!

RECOMMENDED USAGE FOR:

Y **Youth** – Age range for boys and girls, 4 yr – 14 yr. Youths participating in sports such as soccer, T-ball, swimming, football, etc. Recommended use based on body weight.

HS **High School** – Age range for males and females, 14 yr – 18 yr. High school student athletes participating in sports like football, baseball/softball, basketball, track & field, swimming, tennis, etc. Recommended use based on body weight.

C **Collegiate** – Age range for males and females, 18 yr – 23 yr. Collegiate athletes participating in a wide range of sports like football, basketball, baseball/softball, swimming/diving, water polo, tennis, etc. Recommended use based on body weight.

P **Professional** – Age range for males and females, 18 yr and up. Athletes participating in all professional level sports. Includes semi-professional. Recommended use based on body weight.

Recommended Servings Based on Weight

WEIGHT	RECOMMENDED SCOOPS	GRAMS PROTEIN
75-100 lb	3 Scoops	20 g
100-150 lb	4 Scoops	27 g
150-200 lb	5 Scoops	34 g
Over 200 lb	6 Scoops	40 g

**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.*



PERFORMANCE NUTRITION SHAKE



- The Competitive Formula for Muscle Growth, Strength, and Recovery!
- Maximize Effort and Results!
- All Natural Nourishment
- Absolutely Delicious!

CHAMPION'S CHOCOLATE

DIETARY SUPPLEMENT
NET WT. 4 LBS (1816 G)



DIRECTIONS: In a shaker cup or blender, simply mix 3 scoops in 6 - 8 fluid ounces of cold water. SHAKE WELL. Increase number of scoops based on body weight scale. Adjust water for taste preference. Can be mixed with milk, your favorite juice or with the addition of fresh or frozen fruit.

Supplement Facts

	Serving Size: 63 g (3 Level Scoops)	Servings Per Container: 26
Calories per Serving: 268	Calories from Fat: 36	
	Amount Per Serving	%Daily Value*
Total Fat	4 g	6%
Saturated Fat	1.5 g	0%
Trans Fat	0 g	**
Cholesterol	69 mg	23%
Sodium	180 mg	7%
Potassium	151 mg	4%
Total Carbohydrate	38 g	13%
Dietary Fiber	2 g	9%
Sugars	10 g	**
Protein	20 g	40%
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 2%		

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily value not established.

INGREDIENTS: Whey Protein Concentrate, Maltodextrin, Fructose, Whole Milk Solids, Whey Protein Isolate, Brown Rice Solids, Natural Cocoa Powder, Sunflower Oil Powder, Natural Chocolate Flavor, Sodium Chloride (Salt), Natural Vanilla Bean Flavor, Cellulose Gum.

ALLERGY INFORMATION: Contains whey protein (derived from milk). Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat.

Notice: Use this product as a food supplement only. Do not use for weight reduction.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE, SUNLIGHT AND EXCESS HEAT. ALWAYS KEEP TIGHTLY SEALED.



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ATHLETE'S CHOICE

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