



Sports Performance

Pro-PCA Fuel

Training Session Formula

Protein • Carbohydrate • Antioxidants

Natural Raspberry Flavor

A Dietary Supplement



**Douglas
Laboratories®**

1,000 grams

Supplement Facts

Serving Size 1 scoop (33.3 grams)

Servings Per Container 30

Amount Per Serving	%DV
Calories.....	115
Total Carbohydrates.....	21 g 7%
Sugars.....	5 g *
Protein.....	8 g 16%

Each Serving also provides approximately:

Vitamin A (from Beta-Carotene [1,200 IU] and Vitamin A Palmitate).....	1,825 IU	37%
Vitamin C (Ascorbic Acid, Magnesium Ascorbate, Calcium Ascorbate, Ascorbyl Palmitate).....	170 mg	283%
Vitamin D.....	50 IU	13%
Vitamin E (as d-Alpha Tocopheryl Acetate and mixed Tocopherols).....	50 IU	167%
Vitamin B-1 (Thiamine HCl).....	12 mg	800%
Vitamin B-2 (Riboflavin).....	6 mg	353%
Niacin/Niacinamide.....	23 mg	115%
Vitamin B-6.....	12 mg	600%
(Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)		
Folic Acid.....	100 mcg	25%
Vitamin B-12 (Cyanocobalamin/Methylcobalamin).....	30 mcg	500%
Biotin.....	37 mcg	12%
Pantothenic Acid (from Calcium Pantothenate).....	60 mg	600%
Calcium (from Citrate/Carbonate).....	60 mg	6%
Iodine (Kelp).....	25 mcg	17%
Magnesium (from Aspartate Complex).....	60 mg	15%
Zinc (Amino Acid Chelate).....	3 mg	20%
Selenium (Krebs†).....	25 mcg	36%
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 (from Potassium Phosphate).....	95 mg	2%

Amount Per Serving	%DV
Vanadium (Krebs†).....	6.25 mcg *
Choline (Choline Bitartrate/Citrate).....	18 mg *
Inositol.....	12 mg *
PABA (Para-Aminobenzoic Acid).....	6 mg *
Boron (Citrate).....	190 mcg *
Betaine HCl.....	18 mg *

Typical Amino Acid Profile

Glutamic Acid.....	3,565 mg *
Aspartic Acid.....	2,215 mg *
Arginine.....	1,620 mg *
Lysine.....	1,480 mg *
Leucine.....	1,440 mg *
Phenylalanine.....	990 mg *
Serine.....	970 mg *
Valine.....	940 mg *
Alanine.....	850 mg *
Glycine.....	830 mg *
Isoleucine.....	830 mg *
Proline.....	810 mg *
Threonine.....	740 mg *
Tyrosine.....	740 mg *
Histidine.....	500 mg *
Cysteine.....	220 mg *
Methionine.....	200 mg *
Tryptophan (naturally occurring).....	180 mg *

*Daily Value not established.

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

†Krebs = Citrate, Fumarate, Malate, Glutarate and Succinate Complex.

Manufactured in the USA by:
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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.

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.

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



Formula #57180P-1