Ultra Whey Plus (Vanilla)
Protein Powder

DESCRIPTION
Ultra Whey Plus by Douglas Laboratories is a protein powder naturally sweetened with organic coconut palm sugar and organic stevia in a natural vanilla flavor. Ultra Whey Plus's 22 grams of protein comes from whey concentrate, whey isolate, and potato protein, a rich source of indispensable amino acids essential to health. Ultra Whey Plus also contains an organic fruit and vegetable blend for antioxidant support, and soluble fiber from guar gum.

FUNCTIONS
The dietary protein provided by Ultra Whey Plus supplies essential amino acids that participate in all of the body's metabolic and physiologic systems including the intestine, skeletal muscle, and the cardiovascular, nervous, and immune systems. Protein turnover in these systems is continuous and can be substantial. The dynamics of this constant degradation and re-synthesis demand a daily supply of dietary protein and their constituent amino acids. Essential or indispensable dietary amino acids must be supplied by the diet as they are not made by the body.

Recent analyses of the dietary protein needs of people suggest that age and activity level may influence protein requirement for optimum health. For example, elderly adults may have a significantly higher protein requirement than that of young adults. This requirement may be as high as 1.0 g protein per kg body weight per day, or 25% more than that suggested for a young adult. This higher requirement may stem from a lower efficiency of protein utilization in advancing age, despite the associated decrease in muscle mass. Failure to meet these increased protein needs may negatively affect an individual's immune-competence and recovery from medical complications.

Some scientists have also suggested that increased protein synthesis follows prolonged exercise. Athletes competing in body building or endurance sports may require significantly more protein that the normal requirement. Potato protein isolate contains a high amount of branched chain amino acids and is easily digested. Branched amino acids consist of L-leucine, L-isoleucine, L-valine and are the structural proteins that build muscle.

Antioxidants from the organic fruit and vegetable blend are also important for scavenging free radicals that may cause cellular damage. Free radicals are produced during strenuous aerobic exercise and are a result of environmental pollution and toxins.

Coconut palm sugar is made from the nectar produced from the coconut tree. Once collected, it is boiled and processed into a granule. Coconut palm sugars produce slow release energy, which sustains the human body through your daily activities without regular sugar "highs", and "lows". It is naturally low on the glycemic index scale, rated as GI 35. Coconut palm sugar has a nutritional content far richer than all other commercially available sweeteners. It is especially high in potassium, magnesium, zinc and iron and is a natural source of the vitamins B1, B2, B3, B6 and C. Organic stevia comes from the stevia plant and is not considered an artificial sweetener.

INDICATIONS
Ultra Whey Plus may be a useful dietary supplement for individuals who wish to increase their intake of protein.

FORMULA (#57498P)
Serving Size 2 scoops (approx. 38.5 grams)
Servings Per Container approx. 20
Approximate Amount Per Serving
Calories 155
Total Fat..... 3 g
Cholesterol (from whey protein) ..... 45 mg

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Total Carbohydrates ..... 11 g
Dietary Fiber..... 3 g
Sugars ..... 5 g
Protein ..... 22 g
Calcium (from whey protein)..... 140 mg
Sodium (from whey protein) ..... 85 mg
Potassium (from whey protein)..... 90 mg
Organic Fruit and Vegetable Blend ..... 500 mg
Organic beet powder (root), Organic carrot powder (root), Organic black currant powder (fruit), Organic blueberry powder (fruit), Organic broccoli powder (whole plant), Organic Concord grape powder (fruit), Organic green cabbage powder (whole plant), Organic collard greens powder (leaf), Organic mountain cranberry powder (fruit), Organic kale powder (whole plant), Organic Parsley powder (whole plant), Organic pomegranate powder (fruit), Organic raspberry powder (fruit), Organic spinach powder (whole plant).

Typical Amino Acid Profile

L-Alanine ..... 825 mg *
L-Arginine ..... 445 mg *
L-Asparagine…..... 1,745 mg *
L-Cystine ..... 410 mg *
L-Glutamine..... 3,025 mg *
L-Glycine ..... 340 mg *
L-Histidine ..... 380 mg *
L-Isoleucine ..... 1,090 mg *
L-Leucine..... 1,960 mg *
L-Lysine..... 1,700 mg *
L-Methionine ..... 395 mg *
L-Phenylalanine..... 580 mg *
L-Proline ..... 1,270 mg *
L-Serine..... 960 mg *
L-Threonine ..... 1,320 mg *
L-Tryptophan ..... 340 mg *
L-Tyrosine..... 560 mg *
L-Valine..... 1,015 mg

Other ingredients: Whey protein concentrate and isolate (from milk), organic coconut palm sugar, Sunfiber® (partially hydrolyzed guar gum), potato protein isolate, coconut oil, inulin, sodium caseinate (from milk), mono & diglycerides, dipotassium phosphate, silicic acid, natural vanilla flavor, medium chain triglycerides, organic stevia extract, and soy lecithin.

SUGGESTED USE
Adults take 2 scoops daily mixed in water or other liquid or as directed by your healthcare professional.

SIDE EFFECTS
No adverse effects have been reported.

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STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

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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.

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Your patients trust you.