

PROFESSIONAL AND PATIENT GUIDE

ProBasics™

MULTI-SUPPORTIVE WHEY AND RICE PROTEIN BEVERAGE



A high-quality source of protein and bioactive peptides, providing:

- ✓ Nutritional Support for Daily Wellness
- ✓ Nutritional Support During Weight Loss
- ✓ Nutritional Support for Recovery from Illness or Injury
- ✓ Nutritional Support for the Elderly
- ✓ Nutritional Support for Athletes



With IgG and IgA, Glutathione Precursors, Lactoferrin, Alpha-lactalbumin and Glycomacropeptides (GMP)

CONTENTS

PAGE 2	Section 1	An Introduction to ProBasics™
PAGE 3	Section 2	Protein Requirements
PAGE 4	Section 3	Nutritional Support for Daily Wellness
PAGE 5	Section 4	Nutritional Support During Weight Loss
PAGE 6	Section 5	Nutritional Support for Recovery from Illness or Injury
PAGE 7	Section 6	Nutritional Support for the Elderly
PAGE 7	Section 7	Nutritional Support for Athletes
PAGE 9	Section 8	Other Nutritional Benefits
PAGE 10	Section 9	Contraindications
PAGE 10	Section 10	Recommendations
PAGE 11	Section 11	Eat More/Eat Less: A Quick Reference for Healthful Eating
PAGE 12	Section 12	Sample Menus
PAGE 16	Section 13	Healthy Snacks Reference Guide
PAGE 17	Section 14	ProBasics Supplement Facts
PAGE 18	Section 15	References

Section 1 | AN INTRODUCTION TO ProBasics

ProBasics™, an excellent source of protein and bioactive peptides, delivers 31 grams of high quality protein per serving. Some of its features include:

- Less than 1 gram of fat per serving
- Only 4-7 grams of carbohydrate per serving
- Naturally flavored, naturally sweetened, and no added sugar
- Cross-flow, microfiltration/ultrafiltration 90% whey protein isolate
- 70% rice protein concentrate
- Immune modulating compounds IgG, IgA and lactoferrin
- Glycomacropptide (GMP), promoting satiety
- Source of branched chain amino acids and glutathione precursors

As part of a well-balanced diet, ProBasics can serve as an important nutritional adjuvant. Taken either between or with meals, ProBasics can help to support:

- General daily wellness and high quality protein nutrition as part of a well-balanced diet
- Post exercise nutrition after heavy exercise training
- Increased dietary protein requirements during illness or injury
- Muscle-sparing during caloric restriction
- Immune function
- High quality nutrition for the elderly
- Weight management, including a controlled carbohydrate approach to weight loss

ProBasics' whey protein isolate is derived from U.S. herds that have been tested for heavy metals, antibiotics and pesticides. The protein is undenatured and preserved in a manufacturing process using low heat and cross flow microfiltration and ultrafiltration techniques in order to maintain excellent nutritive value. Cross-flow microfiltration and ultrafiltration allow for greater than 90% protein content and minimize residual fat, cholesterol, and lactose, while retaining key functional components such as lactoferrin, alpha-lactalbumin, immunoglobulins and glycomacropptides. The low-heat manufacturing process is particularly key for the preservation of tryptophan, a heat-sensitive essential amino acid.

Whey protein isolate contains a superior profile of the essential and nonessential amino acids and is particularly rich in tryptophan and the branched chain amino acids (BCAA). Since the proportions of the essential amino acids in whey closely complement the specific requirements of human metabolism, whey protein is known for its high biological value (BV) and protein efficiency ratio (PER), both of which surpass most animal and plant-based proteins in the diet. BV is how efficiently the absorbed protein can be turned into body tissue, or how close the particular food's amino acid pattern is to the pattern of body tissues. PER is a measure of this protein retention.

Rice protein concentrate is 70% protein, consisting of enzymatically digested brown rice. No acids, bases, or other chemicals are used in this process. Rice protein helps to enhance the overall amino acid profile of this formula.



Section 2 | PROTEIN REQUIREMENTS

Recommended Dietary Allowance of Protein for Healthy People

The National Academy of Sciences-National Research Council Recommended Dietary Allowances (revised 1989) for daily protein intake of healthy people are shown in Tables 1 and 2 below.^{1,2}

Males

Age	Ave Weight (kg)	Ave Weight (lbs)	Protein RDA	
			g/kg	g/day
19-24	72	159	0.8	58
25-50	79	175	0.8	63
51+	77	170	0.8	62

Table 1: Protein RDA for healthy males

Females

Age	Ave Weight (kg)	Ave Weight (lbs)	Protein RDA	
			g/kg	g/day
19-24	58	128	0.8	46
25-50	63	139	0.8	50
51+	65	144	0.8	52

Table 2: Protein RDA for healthy females

The recommended dietary allowance (RDA) for daily protein intake is 0.8 g for every kg of body weight.² (Divide weight in pounds by 2.2 to get kilograms. Multiply kilograms by 0.8 to calculate daily protein requirements in grams per day).

The RDA for protein is defined as “the level of intake adequate to meet the needs of practically all healthy persons.”² Levels of protein sufficient to maintain health can change considerably, however, depending on many factors, including illness, stress, physical activity, weight loss and, possibly, aging. Nutritional support in the form of a protein rich beverage such as ProBasics can help to



achieve positive nitrogen balance and adequate protein nutrition under various circumstances, including those previously listed.³⁻⁶ For example, illness depletes nitrogen stores and compromises nitrogen balance. Use of a high quality protein supplement combined with a healthy, balanced diet may be helpful during these times.

*This is a statement of nutritional support. This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nitrogen Balance

Protein is a valuable source of nitrogen. In the body, nitrogen compounds are the foundation for some of the most basic physiological starting materials. Examples of nitrogen compounds include amino acids for protein synthesis, nitrogen bases of DNA and RNA, and creatine—the energy storage molecule found in muscles.²

Nitrogen balance is a state in which nitrogen absorbed from the diet is balanced by the amount excreted from the body. This is the desirable normal state for most healthy people and is typically the status achieved by following the Recommended Dietary Allowance for healthy people, as discussed in the previous section.²

Some situations require a positive nitrogen balance. This would mean obtaining a larger amount of nitrogen from protein in the diet than required under normal circumstances for a healthy individual. This is typically a desirable nitrogen status for enhanced metabolic states. Positive nitrogen balance may be desired for athletes or persons recovering from illness or injury.

Negative nitrogen balance is an undesirable state. This occurs when the excretion of nitrogen from protein exceeds its absorption, such as during periods of illness or of poor protein nutrition. The body does not store nitrogen and only has about 1 kg of nitrogen from nitrogen-containing compounds available at one time. A decrease in this pool can have serious effects on health.^{7,8}



Section 3 | NUTRITIONAL SUPPORT FOR DAILY WELLNESS

ProBasics is an excellent fit for healthy individuals interested in supporting general daily wellness with a high quality source of protein. It can readily be incorporated into a busy lifestyle, including for those individuals with active or stressful professions. For these people, 0.8-1.0 g/kg, up to 10% above the RDA, is suggested⁹ (refer to Table 3 below).

ProBasics provides an excellent option for meeting daily protein requirements; however, it is not a source for your multivitamin and mineral needs. For enhanced support, combine with Pure Encapsulations' high potency multivitamin and mineral supplements, Nutrient 950™ or UltraNutrient™

Weight in lbs (and kg)	Grams Protein / day
120 lbs (55 kg)	44-55
130 lbs (59 kg)	47-59
140 lbs (64 kg)	51-64
150 lbs (68 kg)	54-68
160 lbs (73 kg)	58-73

Table 3: Typical daily protein requirements for healthy people leading a busy or active lifestyle.



Section 4

NUTRITIONAL SUPPORT DURING WEIGHT LOSS

When following a reduced-calorie diet, the body must work hard to maintain proper blood sugar and energy levels for fueling the body and brain. Making sure essential tissues receive a continual supply of glucose to keep them functioning properly becomes more of a challenge. The body's early metabolic response to limited energy intake is to trigger the breakdown of glycogen (carbohydrate stored in the liver and muscles) and triglycerides (composed of glycerol and fatty acids stored in fat tissue) for glucose production. After 24-48 hours, glycogen stores are depleted, causing the body to utilize fatty acids and eventually lean body mass, or muscle,^{10,11} to produce glucose.

Individuals following a weight loss and exercise program will have increased protein requirements due to the combination of reduced calorie intake and the anabolic stimulus of exercise. For individuals not participating in regular exercise during weight loss, caloric and energy reduction results in an unfavorable loss of predominantly muscle and water. Being sure to obtain adequate protein intake as well as eating a balanced diet during calorie restriction may help to spare the loss of lean muscle during weight loss, especially in the absence of an anabolic stimulus from exercise.

For optimal health, it is advised that a well-balanced diet be combined with regular exercise as part of any weight loss program. Typical protein requirements during weight loss range from 1.2-1.5 g/kg⁸ (refer to Table 4 below).

Weight in lbs (and kg)	Grams Protein / day
150 lbs (68 kg)	82-102
160 lbs (73 kg)	88-110
170 lbs (77 kg)	93-116
180 lbs (82 kg)	98-123
190 lbs (86 kg)	103-129
200 lbs (91 kg)	109-137

Table 4: Typical daily protein requirements during weight loss.



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Section 5 | NUTRITIONAL SUPPORT FOR RECOVERY FROM ILLNESS OR INJURY

Injury or illness are considered metabolic stresses on the body. Activation of the immune system during these states leads to significant changes in protein and overall energy metabolism. Cytokines, potent immune modulators, become elevated and greatly influence the metabolic hormones insulin and glucagon in addition to their target cells in the liver, gastrointestinal tract, muscle and brain.¹² As a result of this increased cytokine activity, resting energy expenditure increases, catabolism of muscle and liver protein increases, and amino acids are utilized for glucose production instead of primarily fatty acids. During this process, negative nitrogen balance usually occurs within 24-48 hours.¹² Due to this increased likelihood of protein loss during injury or illness, it is important to make protein intake a priority.

The daily protein requirements during varying degrees of metabolic stress can be summed as follows:⁸

- Normal 0.8-1 g/kg
- Mild to moderate stress 1.1-1.5 g/kg
- Severe stress 1.5-2.0 g/kg

Examples of how these requirements translate to suggested daily protein intake during these various metabolic states are presented in Table 5.

Weight (lbs) (and kg)	Protein (g) for Normal Metabolic State	Protein (g) for Mild to Moderate Stress	Protein (g) for Severe Stress
100 lbs (45 kg)	45	68	91
120 lbs (55 kg)	55	82	109
140 lbs (64 kg)	64	95	127
160 lbs (73 kg)	73	109	145
180 lbs (82 kg)	82	122	163
200 lbs (91 kg)	91	136	181
220 lbs (100 kg)	100	150	200

Table 5: Typical daily protein requirements during varying degrees of metabolic stress.

**Protein levels for various metabolic states were determined by using the upper levels of ranges shown in this section.*

**Note: Increased protein recommendations are not suitable for those experiencing compromised cardiac, renal, or hepatic function.⁸*



Section 6 | NUTRITIONAL SUPPORT FOR THE ELDERLY

Aging results in a diminution of the amount of protein in muscle and is responsible for changes in protein metabolism. Metabolism and requirements for protein in the elderly may actually decrease as a result of reductions in physical activity, muscle development, and protein turnover. Or, requirements may be increased as a result of poor nutrient absorption, reduced food intake, or disease. Conflicting results from studies suggest that 0.57g/kg protein may be sufficient for some elderly individuals, whereas other reports suggest that this level, in addition to the typical

0.8 g/kg level associated with healthy adults, is not sufficient and should be increased to 1.0-1.2 g/kg per day. Currently, the accepted recommended allowance for protein intake for the elderly is the same as for healthy young adults, typically 0.8 g/kg.² The confounding variables may include reduced energy intake, physical inactivity, disease, and use of therapeutic drugs.² Considered together, these factors can help physicians decide the level of protein and other nutrients in the diet that are appropriate for each individual.

Section 7 | NUTRITIONAL SUPPORT FOR ATHLETES

Most athletes will have increased protein requirements, the degree of which depends on their type of exercise, exertion level, and typical diet.⁹ Regular and intense exercise for one hour or more demands a diet moderate to high in carbohydrates. This ensures that muscles and liver have adequate glycogen stores to supply energy, ultimately sparing muscle protein as a source of energy.

During a typical 60-minute workout, roughly 5% or less of the body's energy needs are supplied by protein if the diet provides sufficient glycogen stores.^{9,13} When glycogen stores are depleted, which can happen after 1 1/2 to 2 hours of continuous aerobic activity, the amount of energy supplied by protein must increase to 10-20% to sustain activity.^{9,13} Dietary protein requirements are increased for these endurance athletes as a result. In addition, energy produced from protein for strength athletes can also increase to 10-20%, specifically during the muscle-building phase of strength training, as opposed to the maintenance phase.^{9,13,14} This is particularly important for novice strength athletes who tend to undergo more wear and tear on their muscles.¹⁵ Some athletes involved in

heavy training of two or more hours daily in either strength or aerobic exercise may benefit from an additional 50-75% above the protein RDA.^{9,13} This can be translated to 1.2 to 1.4 g/kg per day.^{7,13} This is a good range for most competitive athletes. In general, most recreational athletes may find an additional 25-50% above the RDA an adequate range, or 1.0-1.2g/kg per day.^{9,13} As suggested earlier, increased protein needs are typically important when glycogen stores are not adequate, or they have been depleted by sustained aerobic or strength training activity (during the muscle building phase).

While increasing protein intake may be important for athletes, it needs to be done reasonably. In most cases it is advisable not to exceed 2g/kg per day.^{9,13} Research has yet to show that this pattern of consistent high protein intake has any performance or health benefit. The body does not store protein and levels greater than 1.6 g/kg or beyond metabolic need can be stored as fat.^{7,9,13,15}

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The majority of individuals are usually able to satisfy their protein requirements for the day through the consumption of meat, eggs, dairy, and legumes. However, the diets of athletes vary greatly. Individuals accustomed to carbohydrate loading may find the addition of a protein rich beverage supplement important and convenient, as might athletes following a calorie restricted diet or with limited consumption of the foods indicated above.

Table 6 serves as a guideline that illustrates increased daily protein requirements with increased physical activity or endurance training. Appropriate adjustments to the RDA for protein consumption per day include: 0.9 g/kg for light exercise combined with an active day, 1-1.2 g/kg for moderate to heavy physical activity, and 1.2-1.4 g/kg for daily heavy training.^{2,9}

Body Weight (lb) (and kg)	0.8 (g/kg) RDA	0.9 (g/kg) Light Exercise	1.0 (g/kg) Moderate Exercise	1.2 (g/kg) Moderate/ Heavy Exercise	1.4 (g/kg) Heavy Exercise
110 lbs (50 kg)	40 (g)	45 (g)	50 (g)	60 (g)	70 (g)
130 lbs (59 kg)	47 (g)	53 (g)	59 (g)	71 (g)	83 (g)
150 lbs (68 kg)	54 (g)	61 (g)	68 (g)	82 (g)	95 (g)
170 lbs (77 kg)	62 (g)	70 (g)	77 (g)	92 (g)	108 (g)
190 lbs (86 kg)	69 (g)	77 (g)	86 (g)	103 (g)	120 (g)
210 lbs (95 kg)	76 (g)	86 (g)	95 (g)	114 (g)	133 (g)
230 lbs (105 kg)	84 (g)	94 (g)	105 (g)	125 (g)	146 (g)

Table 6: Daily typical protein requirements in grams for various degrees of physical exertion.

Sources: National Academy of Sciences, *Recommended Dietary Allowances and Power Foods*.^{2,9}

**Note: Increased protein recommendations are not suitable for those experiencing compromised cardiac, renal, or hepatic function.*⁸



Section 8 | OTHER NUTRITIONAL BENEFITS

Branched chain amino acids and athletic training support

Branched chain amino acids contained in whey protein isolate may also play a role in athletic support by promoting muscle nitrogen, alanine and glutamine production, a decrease in lactate production, and attenuation of protein breakdown. These actions help to sustain muscle working capacity and recovery.^{16,17} It has been shown that protein intake post-exercise helps to enhance the repair of muscle protein.¹⁸ Additionally, some research has suggested that BCAAs may moderate the progression of central nervous system fatigue during exercise, supporting mental performance.^{19,20}

IgG and IgA

Some of the key functional constituents contained in cross-flow microfiltration/ultrafiltration whey protein isolate include immunoglobulins IgG and IgA, which are natural components found in the immune system. Immunoglobulins play important roles in the body's response to foreign invaders. Furthermore, whey protein may actually help to promote the activity of the immunoglobulins already existing in the body.²¹

Glutathione precursors

As a source of glutathione precursors, whey protein helps to neutralize oxidative stress and muscle fatigue associated with physical exertion. In one study, cysteine-rich whey protein helped to enhance peak power and work capacity in healthy young adults, primarily as a result of its antioxidant support in healthy tissues.²² Amino acid precursors of the antioxidant glutathione, especially cysteine, enhance the immune potentiating profile of whey protein isolate. Increased lymphocyte and tissue glutathione levels have been demonstrated in studies involving whey protein administration. Lymphocytes, specific components of the immune system, rely on glutathione to function properly. Tissues enhanced with glutathione support overall antioxidant protection and help to maintain a healthy immune response.^{23,24} Whey protein may be a practical approach for promoting healthy glutathione levels and immune defense.

Lactoferrin

Lactoferrin, a subfraction of whey protein isolate, plays an important role in immune support. Iron is essential for microbial growth, and lactoferrin, an iron-binding protein, renders iron unavailable for this purpose without interfering with beneficial microflora.

Alpha-lactalbumin

Alpha-lactalbumin may help support cognitive performance, as indicated in a study involving stress-vulnerable subjects.^{25,26} Alpha-lactalbumin increases the ratio of tryptophan to large neutral amino acids. An enhanced tryptophan to large neutral amino acid ratio allows for better tryptophan availability. Once absorbed, tryptophan supports serotonin neurotransmitter activities, including cognitive performance. A separate study involving stress-vulnerable subjects indicated support for emotional well-being, mood and coping ability under stress.^{25,26} By supporting healthy serotonin levels, alpha-lactalbumin also has the potential to help moderate appetite. Preliminary evidence suggests that alpha-lactalbumin may provide a protective effect on gastric mucosa.²⁷ More research is also needed on the effect of alpha-lactalbumin on blood vessel function and cardiovascular health.²⁸

Glycomacropeptides (GMP)

Glycomacropeptides (GMP) may contribute to weight management by influencing the activity of the satiety control hormone cholecystokinin, CCK, and thus eating behavior. In the small intestine, CCK binds to CCK receptors, sending a signal to the brain to suppress food intake.^{29,30,31} While whey protein isolate contains alpha-lactalbumin and GMP with potential mechanisms for weight management, it may also help to support weight loss simply by altering dietary habits and by providing a more healthful source of energy. ProBasics provides a healthful option as part of a well-balanced meal, or as a nutritious snack between meals.

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Section 9 | CONTRAINDICATIONS

- Increased protein recommendations are not suitable for those experiencing compromised heart, kidney or liver function. These individuals should not take this product unless advised by a healthcare professional.
 - Individuals with diabetes need to consult their healthcare professional prior to using this product.
 - ProBasics contains milk protein (whey) and 0.2 grams lactose. Very sensitive individuals should consult with their health professional.
 - Excess dietary protein (typically levels greater than 2 g/kg), can force the body to excrete calcium at a higher rate if phosphorous intake is not increased at the same time, creating a negative calcium balance. For the most part, American diets high in protein are also high in phosphorous, helping to minimize the concern that protein intake moderately above the current RDA can promote osteoporosis. A prudent suggestion for most individuals would be to maintain an upper limit of daily protein intake of 1.6 g/kg (twice the current RDA of 0.8 g/kg) for the typical adult.^{2,9,13}
- In addition:**
- High quality protein beverages should not replace other components of a healthful diet, including whole grain carbohydrates, fruits, legumes, vegetables, and essential fatty acids.

Section 10 | RECOMMENDATIONS

1 1/2 scoops = 1 serving

Daily wellness: Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth. Use as a source of protein as part of a well-balanced meal, or use as a healthful snack between meals, as needed. (Refer to Table 3.)

Nutritional Support During Weight Loss: Add one serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth. Use as a source of protein as part of a well-balanced meal, or use as a healthful snack between meals, as needed. (Refer to Table 4.)

Recovery from injury or illness: Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth. Use as a source of protein as part of a well-balanced meal, or use as a healthful snack between meals, as needed. (Refer to Table 5.)

Athletic and Physical Activity: During physical activity, protein synthesis ceases, but accelerates in the hours following. It may be best to eat protein-containing meals or to supplement with ProBasics in the hours following physical activity. One to two hours after a workout, add one serving to 8 oz water, milk or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth. Use as needed. (Refer to Table 6.)

Section 11 | ↑ EAT MORE, ↓ EAT LESS: A Quick Reference for Healthful Eating

Use the basic foods lists below to guide your meal and menu preparation. The emphasis on healthful eating is primarily on whole foods with low glycemic value, including protein, healthful fats, vegetables, high fiber fruit, whole grains, beans and legumes. You are encouraged to build upon these guidelines with your health care practitioner.

The importance of slowly digested carbohydrates This basic plan emphasizes slowly digested carbohydrates from unrefined food sources that are high in fiber and antioxidant phytonutrients. When eaten in moderation, these beneficial carbohydrates contribute to healthy glucose metabolism and healthy weight control. Slowly digested carbohydrates include whole grains, beans and legumes.

The importance of balanced essential fatty acids (EFAs) There are two types of essential fatty acids, omega-6 and omega-3. During metabolism, each follows a complex metabolic pathway sharing key enzymes. Their most important end products are short-acting regulatory hormones called prostaglandins (PGE1, PGE2, PGE3). Each prostaglandin has important and diverse functions in the body. They must be formed continually and in proper balance to each other in order to maintain good health. An optimal omega-6 to omega-3 ratio can be estimated to be between 1:1 and 3:1. This would involve a diet rich in omega-3 EFAs. High omega-3 promotes healthy weight and metabolism and is supportive of the cardiovascular system. Today, the current EFA ratio is about 12:1 omega-6 to omega-3 or higher, a stark contrast to a healthy ratio. This reflects an overload of omega-6 fats from processed oils in the diet, including bottled vegetable oils, vegetable shortening, margarine and hydrogenated fats. This has caused a simultaneous widespread deficiency in omega-3. This is genetically challenging and contributes to obesity and oxidative stress within cells. Restoring a balance of essential fatty acids is a primary goal in promoting optimal health.

↑ Eat More of these Healthful Foods

- Fruits, berries
- Vegetables (non-starchy), including green leafy vegetables and bright red and orange vegetables
- Lean meat
- Free-range eggs (fortified with omega-3)
- Fish and seafood
- Ground flaxseed, sesame seeds, walnuts
- Unrefined extra virgin olive oil, flaxseed oil, sesame oil
- Legumes (including beans and soy products such as tofu and tempeh), lentils
- Cereal, bread or pasta from stone ground whole wheat, brown rice or other whole grains
- Milk (skim or 1%), lowfat cheese and yogurt
- Raw nuts and seeds

↓ Eat Less or Avoid these Unhealthful Foods

- Enriched wheat flour (crackers, savory snacks, pretzels, white bread, white pasta)
 - White rice, white potato
 - Sugar or high fructose corn syrup (cakes, pastries, candy, soda)
 - Fast foods
 - Partially hydrogenated oils (vegetable shortening, margarine)
 - Refined vegetable oils (corn, safflower, sunflower, canola, lite olive oil)
 - Meats with saturated fat (untrimmed meats, hamburger, pork, processed meats)
 - Dairy with saturated fat (whole fat milk, cream or cheese, butter)
 - Artificial sugars and sweeteners
 - Foods containing preservatives, chemicals or antibiotics
-

Supplements that support essential fatty acid balance include EPA/DHA essentials and Flax/Borage Oil.



Section 12 | SAMPLE MENUS

Following are some sample menus, which may help you to incorporate ProBasics and a healthful diet as part of daily wellness, athletic activity, recovery from illness or injury, or as part of a weight loss program.

*Note: *In the following menus ProBasics is mixed with water. Mixing with juice or milk adds extra nutrients, calories, fat, carbohydrate and protein.*

**All menus are meant to serve as examples. Consult with your physician for specific dietary guidelines recommended for your specific needs.*

**8 or more 8 fl oz glasses of water should be consumed each day.*

1— Sample menu for daily wellness: A healthy, lightly active 150 lb (68 kg) male:

Breakfast:

Recommended: 2 capsules Nutrient 950™

Whole Grain Cereal with Fruit:

- 1/2 cup whole grain cereal with
- 1 cup Skim Milk and 1/2 Sliced Banana

Cottage Cheese with Berries:

- 1/4 cup Low-Fat Cottage Cheese topped with
- 2 tbsp Fresh Blueberries

6 fl oz Orange Juice

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
21	82	3	25	344

Morning Snack:

1 serving French Vanilla ProBasics

10 Baby Carrots with 2 tbsp Hummus Dip

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
34	18	4	5	237

Lunch:

Recommended: 2 capsules Nutrient 950™

Toasted Turkey Breast and Roasted Red Pepper Sandwich on Alfalfa Sprout Bread

lightly spread with Olive Oil:

- 2 slices alfalfa sprout bread
- 1 slice roasted turkey breast
- 1/4 cup sliced roasted red pepper
- 1 tbsp extra-virgin olive oil

3/4 cup low-sodium lentil soup

1/2 cup fresh red seedless grapes

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
23	63	32	10	618

Afternoon Snack:

1 oz unsalted almonds

1 plum

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
7	14	15	5	212

Dinner:

Recommended: 2 capsules Nutrient 950™

Vegetable Rice Pilaf with Broiled Salmon:

- 1 cup long grain brown rice (cooked) sautéed with:
 - 1 tbsp roasted pine nuts
 - 1/2 cup chopped onion
 - 1/2 cup sliced mushrooms
 - 1 chopped celery stalk
 - 1/4 cup bean sprouts
 - 1 tbsp extra-virgin olive oil (for sauté)
- 4 oz broiled salmon fillet

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
33	58	20	8	533

Evening Snack:

1 cup strawberries

2 oz cheddar cheese

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
15	21	18	6	310

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
132	256	92	58	2253

% of Total Calories:

Protein	Carbs	Fat
22	43	35

2— Sample menu for a moderately active 140 lb (64 kg) female:

Breakfast:

Recommended: 2 capsules Nutrient 950™

Mushroom, Tomato, and Cheese Egg-White

Omelet:

- Egg whites from 2 large eggs
- 1/4 cup chopped ripe tomato
- 1/4 cup chopped mushrooms
- 1 oz non-fat cheddar cheese

1 multi-grain english muffin

1 tsp trans-fat-free spread

4 fl oz orange juice

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
23	47	4	2	316

Morning Snack:

1 tbsp natural peanut butter spread over 5 multigrain crackers

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
7	32	12	4	265

Lunch:

1 serving ProBasics Strawberry Banana

Recommended: 2 capsules Nutrient 950™

Salad Greens with Goat Cheese, Walnuts, and Sliced Pear:

- 1 cup romaine hearts and radicchio
- 1 oz semi-soft crumbled goat cheese
- 2 tbsp alfalfa sprouts
- 1 sliced medium pear
- 1 tbsp walnuts, toasted
- 1 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar

Roasted Turkey Breast Roll-up:

- 1 rolled slice of roasted turkey breast

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
42	41	29	6	569

Afternoon Snack:

1 Sliced Nectarine with 1 tbsp Low-Fat Cottage Cheese for dipping

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
3	17	1	2	77

Dinner:

Recommended: 2 capsules Nutrient 950™

Chicken and Vegetable Stir-Fry served on Whole

Wheat Couscous:

- 3 oz roasted chicken breast
- 1/2 cup cauliflower
- 3/4 cup snap peas
- 1/2 cup bamboo shoots
- 3/4 cup bean sprouts
- 1 tbsp extra-virgin olive oil (for stir-fry)
- 3/4 cup whole wheat couscous (cooked)

Tossed Salad:

- 1 cup romaine hearts blended with radicchio
- 3 slices sweet red pepper
- 4 slices cucumber
- 1/4 cup sliced mushrooms
- 1/2 cup sliced carrots
- 1/4 cup chopped red cabbage
- 1/4 cup chickpeas (garbanzo beans)
- 1 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
49	172	33	31	1115

Evening Snack:

Crunchy Strawberries and Cream:

Mix together:

- 1/4 cup sliced fresh strawberries
- 2 tbsp whipped dessert topping

And top with:

- 2 tbsp low-fat granola

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	16	3	1	91

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
125	325	82	47	2433

% of Total Calories:

Protein	Carbs	Fat
20	51	29

3— Sample menu for an individual recovering from injury or illness

Breakfast:

Recommended: 2 capsules Nutrient 950™
 3/4 cup old fashioned oatmeal mixed with
 1/4 tsp of cinnamon and 1/4 cup raspberries
 1 large hard-boiled egg
 4 fl oz orange juice

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
11	39	7	6	267

Morning Snack:

2 tbsp walnuts
 1 kiwi

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
3	13	10	4	144

Lunch:

1 serving ProBasics French Vanilla

Recommended: 2 capsules Nutrient 950™

Broccoli Stuffed Sweet Potato:
 1 large sweet potato (baked with skin)
 2 tbsp shredded cheddar and monterey jack cheeses
 1/2 cup steamed, chopped broccoli
 1/2 cup split pea soup
 (pepper to taste)
 1 orange

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
45	81	7	14	551

Afternoon Snack:

1 yellow pepper, sliced
 1 oz cheddar cheese
 1/4 cup green grapes

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
10	17	5	2	146

Dinner:

Recommended: 2 capsules Nutrient 950™
 Tofu Ginger-Onion Stir-fry with Wild Brown Rice:
 1/2 cup brown rice (cooked)
 3/4 cup firm tofu
 several slices of fresh ginger root
 1/2 cup chopped onion
 1 tbsp extra-virgin olive oil (for stir-fry)

Tossed Salad:

1 cup romaine hearts blended with radicchio
 5 slices cucumber
 3 slices tomato
 1 tbsp extra-virgin olive oil
 2 tbsp balsamic vinegar

1 honeydew melon wedge

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
25	80	38	9	732

Evening Snack:

4 oz plain yogurt blended with 1/2 cup fresh pineapple chunks

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
6	27	0	1	135

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
100	256	68	36	1975

% of Total Calories:

Protein	Carbs	Fat
20	50	30



4— Sample menu for weight loss

Breakfast:

Recommended: 2 capsules Nutrient 950™

Whole Grain Cereal with Fruit:

- 1/2 cup whole grain cereal
- 3/4 cup nonfat milk
- 1/4 cup sliced strawberries on top

1 large hard-boiled egg

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
19	73	7	6	425

Morning Snack:

- 3 baby carrots
- 1 stalk of celery
- 1 tbsp raisins

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
1	11	0	1	47

Lunch:

Recommended: 2 capsules Nutrient 950™

Whole Wheat Pita Pocket filled with Refried Beans, Salsa, and Shredded Carrots:

- 1/2 large whole wheat pita bread
- 1/4 cup non-fat refried beans
- 1/4 cup shredded carrots
- 2 tbsp chunky salsa

1 orange

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
8	47	3	10	223

Afternoon Snack:

1 serving ProBasics Chocolate

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
31	7	<1	2	151

Dinner:

Recommended: 2 capsules Nutrient 950™

Broiled Atlantic Cod with Vegetables and Lentils:

- 3 oz fillet of cod
- 1/2 cup lentils (cooked)
- 1 tbsp extra-virgin olive oil (for drizzling over vegetables)
- 1 cup steamed, sliced summer squash
- 1/2 cup steamed, chopped broccoli (pepper to taste)

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
54	32	17	13	482

Evening Snack:

- 2 large wedges of fresh cantaloupe
- 1 tbsp walnuts

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
4	18	5	2	119

Total for the Day:

Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Calories
117	188	33	34	1446

% of Total Calories:

Protein	Carbs	Fat
31	49	20



Section 13 | HEALTHY SNACKS REFERENCE GUIDE

Snack	Serving Size
ProBasics	1 ½ scoops
Almonds	10 whole almonds
Apple with Peanut Butter	1 medium apple/1 tbsp peanut butter
Baby Carrots with Hummus	6 baby carrots/1 tbsp hummus
Baked Apple	1 medium apple, sliced and baked, sprinkled with cinnamon
Banana	1 medium banana
Boiled Egg	1 boiled egg, sliced, with pepper
Broccoli with Salsa	1 cup steamed or raw broccoli with ¼ cup chunky vegetable salsa
Cauliflower and Parmesan	1 cup steamed cauliflower sprinkled with parmesan cheese
Grape Tomatoes	½ cup grape tomatoes
Grapes with Low-Fat Cheddar Cheese	1 cup grapes with two 1-inch cubes of white low-fat cheddar
Kiwis	2 medium kiwis
Lentils or Chickpeas	½ cup cooked lentils or chickpeas
Low-sodium Vegetable Juice	8 oz glass vegetable juice
Mango or Peach	1 small mango or peach, sliced
Oatmeal and Berries	½ cup oatmeal mixed with ¼ cup berries, and 1 tbsp ground flaxseed
Orange/Tangelo	1 medium orange/tangelo
Pineapple Chunks with Low-Fat Cottage Cheese	½ cup pineapple chunks and ½ cup low-fat or non-fat cottage cheese
Plums	2 medium plums
Raw Pumpkin Seeds	1 tbsp pumpkin seeds
Sliced Avocado (4" diameter)	1 avocado, sliced
Sliced Banana with Low-Fat Whole Grain Granola, Sliced Strawberries, and Low-Fat Soy Milk	½ medium banana, 2 tbsp granola, ½ cup strawberries, mixed together with ½ cup low-fat soy milk
Sliced Cucumbers with Yogurt-Dill Dip	4 thick-cut cucumber slices/1 tbsp yogurt-dill dip
Sliced Turkey with Rye Krisps and Mustard	2 slices turkey/2 long rye krisp crackers/1 tbsp mustard
Soy Sausage or Turkey Bacon	2 soy sausages or 2 slices turkey bacon
Soynuts	½ cup roasted soynuts
Sweet Red Pepper	1 raw sweet red pepper, cut into strips
Tomato Slices with Olive Oil and Basil	1 medium sliced tomato with 1 tbsp extra-virgin olive oil and fresh basil
Walnuts	6 small walnuts
Whole grain/Whole Wheat Pita with Peanut Butter and Raisins	½ pita bread spread with 1 tsp peanut butter/1 tsp raisins
Yogurt with Whole Grain Cereal	4 oz yogurt mixed with ¼ cup whole grain cereal

Section 14 | ProBasics SUPPLEMENT FACTS

ProBasics

1 1/2 scoops contain

calories	FV: 151	SBC: 142	CH: 151
total fat (all flavors)	<1 g.		
saturated fat	<1 g.		
cholesterol	<1 mg.		
sodium	62 mg.		
carbohydrate	FV: 5 g.	SBC: 4 g.	CH: 7 g.
dietary fiber	FV, SBC: 1 g.	CH: 2 g.	
sugars (typical)	2 g.		
protein (all flavors)	31 g.		
calcium (naturally occurring)	FV, SBC: 164 mg.	CH: 168 mg.	
phosphorus (naturally occurring)	FV, SBC: 122 mg.	CH: 146 mg.	
magnesium (naturally occurring)	FV, SBC: 38 mg.	CH: 55 mg.	
potassium (naturally occurring)	FV, SBC: 110 mg.	CH: 213 mg.	
stevia	FV, SBC: 40 mg.	CH: 20 mg.	

other ingredients: whey protein isolate, rice protein concentrate, natural flavors, Lo Han (Momordica grosvenori fruit extract); Chocolate flavor also contains cocoa and xylitol.

serving size: French Vanilla: 39.4 g. (1 1/2 scoops)
 Strawberry Banana Crème: 38.2 g. (1 1/2 scoops)
 Chocolate: 42.1 g. (1 1/2 scoops)

servings per container: 15

****Warning:** Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women. Notice: Use this product as a food supplement only.

Amino Acid Profile

serving size (1 1/2 scoops)

aspartic acid	3.32 g	leucine	3.16 g
threonine	1.99 g	tyrosine	1.19 g
serine	1.58 g	phenylalanine	1.19 g
glutamic acid	5.76 g	lysine	2.06 g
proline	2.11 g	histidine	0.67 g
glycine	0.79 g	arginine	1.29 g
alanine	1.65 g	cysteine/cystine	0.82 g
valine	1.92 g	tryptophan	0.52 g
methionine	0.75 g	tryptophan/lnaa	0.055
isoleucine	1.89 g	(lnaa=large neutral amino acids)	



Recommendations: Add 1 serving to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir or blend until smooth.

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pure
encapsulations®

ProBasics™

multi-supportive whey and rice protein beverage powder*

natural french vanilla flavor
net wt. 591 grams

Suppl

servings per container
amount per serving
calories 134
amount per serving
total fat
saturated fat
cholesterol
sodium
carbohydrate
dietary fiber
sugars
protein
calcium
phosphorus
magnesium
potassium
stevia

* Daily value
** This product
*** This daily value
is based on a diet of
other ingredients in
this product.

*This is a statement
of net weight.

pure
encapsulations®

ProBasics™

multi-supportive whey and rice protein beverage powder*

natural chocolate flavor
net wt. 632 grams

Amino Acid Profile
mg/100g (1% = 10000)

alanine	3.12 g
aspartic acid	1.87 g
glutamic acid	1.48 g
glutamine	5.01 g
isoleucine	1.67 g
leucine	0.71 g
lysine	1.56 g
methionine	1.63 g
phenylalanine	0.62 g
proline	1.75 g
serine	2.94 g
threonine	1.05 g
tryptophan	1.01 g
valine	2.34 g
histidine	0.52 g
hydroxyproline	1.23 g
tyrosine	0.81 g
glycine	0.46 g
proteins	0.057
amino acids	

WARNING: Very low calorie protein diets (below 400 calories per day) may cause serious illness or death. Do not use for weight reduction in such diets without medical supervision. Not for use by infants, children, pregnant or nursing women.

