

**Ultra Protein Plus  
(Vanilla Bean)  
Protein supplement beverage**

**DESCRIPTION**

Ultra Protein Plus powder, provided by Douglas Laboratories®, can be reconstituted into a delicious, vanilla bean flavored, nutritionally fortified protein drink that is a rich source of all the indispensable amino acids essential to health, as well as 25% of the nutrition provided by Douglas Laboratories' Ultra Preventive® III, a multi-vitamin/mineral dietary supplement. Ultra Protein Plus's source of protein is from yellow peas, a low allergenic source that contains no genetically modified plant tissue and is pesticide, lactose and gluten free. Ultra Protein Plus beverage powder also provides a significant amount of the prebiotic fructooligosaccharide (FOS).

**FUNCTIONS**

The dietary protein provided by Ultra Protein 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 resynthesis 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 de novo 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 derive 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 immuno-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 than the normal requirement. Ultra Protein Plus contains BeFlora Plus™, a prebiotic soluble dietary fiber fructooligosaccharide (FOS). This dietary fiber passes through the small intestine into the colon without being digested or absorbed. Once in the colon, FOS selectively supports healthy levels of beneficial bacteria such as Lactobacillus acidophilus and Bifidobacteria, and other gram-positive, acid-producing bacteria. This in turn creates a slightly acidic environment in the colon that is inhospitable to potentially harmful bacteria and other microorganisms, such as E. coli, and Clostridium species. Douglas Laboratories' Ultra Protein Plus can help satisfy the body's need for not only the indispensable amino acids, but also for the essential nutrients needed for optimum structure and function of all the body's systems.

**INDICATIONS**

Ultra Protein Plus powder is a healthful nutritionally fortified protein supplement for individuals who wish to increase their intake of protein, essential nutrients, and prebiotics in the form of a delicious beverage.

**FORMULA (#57054)**

Each serving

(1 heaping scoop or 1 packet [31.6 grams]) contains:

Calories .....	92
Total Carbohydrate (Chocolate Almond) .....	6 g
Sugars (as Fructose) .....	5 g
Soluble Fiber .....	1 g
Protein .....	18 g

Each serving also provides approximately:

Vitamin A Palmitate/Beta-Carotene .....	6105 IU
Vitamin D-3 .....	25 IU

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Vitamin E (Succinate) .....	100 IU
Vitamin C (Ascorbic Acid, Corn Free) .....	260 mg
Vitamin B-1 (Thiamin HCl) .....	24 mg
Vitamin B-2 (Riboflavin) .....	12 mg
Niacin/Niacinamide .....	43 mg
Pantothenic Acid (d-Calcium Pantothenate) .....	125 mg
Vitamin B-6 .....	24 mg
(Pyridoxine HCl/Pyridoxal-5-Phosphate Complex)	
Vitamin B-12 (on Ion Exchange Resin).....	25 mcg
Folic Acid .....	200 mcg
Biotin .....	75 mcg
Choline Citrate/Bitartrate.....	34 mg
Inositol.....	23 mg
Citrus Bioflavonoid Complex.....	23 mg
PABA (Para-Aminobenzoic Acid).....	11 mg
Calcium (Citrate/Ascorbate Complex).....	112 mg
Magnesium (Aspartate/Ascorbate Complex) .....	115 mg
Potassium (Aspartate Complex) .....	22 mg
Zinc (Amino Acid Chelate) .....	5 mg
Manganese (Aspartate Complex) .....	4.5 mg
Iodine (Kelp).....	45 mcg
Chromium GTF .....	45 mcg
(Organically bound with GTF activity- low allergenicity)	
Selenium .....	45 mcg
(Organic Selenium in Krebs* Cycle and Kelp)	
Molybdenum (Krebs*) .....	23 mcg
Vanadium (Krebs*).....	11 mcg
Boron (Aspartate/Citrate Complex).....	0.3 mg
Trace Elements approx .....	20 mcg
(from Sea Vegetation)	
L-Cysteine/N-Acetyl-L-Cysteine .....	45 mg
Betaine HCl.....	34 mg
*Krebs = Citrate, Fumarate, Malate, Glutarate, and Succinate Complex	
Typical Amino Acid Profile:	
Histidine .....	500 mg
Isoleucine.....	830 mg
Leucine .....	1440 mg
Lysine.....	1480 mg
Methionine plus Cystine.....	420 mg
Phenylalanine plus Tyrosine .....	1730 mg
Threonine .....	740 mg
Tryptophan.....	180 mg
Valine .....	940 mg
Glycine .....	830 mg
Alanine .....	850 mg
Serine.....	970 mg
Aspartic Acid .....	2215 mg

## Ultra Protein Plus (Vanilla Bean) Protein supplement beverage

Proline .....	810 mg
Arginine .....	1620 mg
Glutamic Acid .....	3565 mg

### Other Ingredients (Vanilla Bean):

Yellow pea protein, Fructose, Natural Vanilla Bean Flavor, Maltodextrin and BeFlora™ soluble fiber

### SUGGESTED USE

Adults take one to two servings per day, mixed with 8 – 10 ounces of water or other liquid. Blend well.

### SIDE EFFECTS

No adverse side effects have been reported.

### STORAGE

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

### REFERENCES

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### For more information on Ultra Protein Plus (Vanilla Bean) visit [douglaslabs.com](http://douglaslabs.com)

† 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.**