



ProSource® Powder



Item 19104 Neutral

ProSource Protein Powder is a dual action protein powder which combines the benefits of both whey and casein proteins: whey for muscle enhancement, casein for muscle repair.

Whey, a protein derived from milk, is considered a fast-acting protein because its impact on postprandial (after-eating) protein metabolism is fast, high (amino acids are available immediately) and transient. The amino acids derived from whey are typically associated with protein synthesis and oxidation rather than the inhibition of protein breakdown—so whey is used for muscle building.

Casein, the main protein found in milk, has a slower absorption profile, meaning that it releases amino acids into the blood more slowly than whey. Casein's slower profile is an essential requirement for reconstructing broken-down muscles.

Whey primarily stimulates protein synthesis for muscle enhancement.

Casein inhibits protein breakdown, allowing run-down muscles to rebuild and repair.

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Slow and fast dietary proteins differently modulate postprandial protein accretion (amino acid turnover postprandial protein anabolism milk protein stable isotopes). Vol. 94, pp. 14930–14935, December 1997 Physiology. Boirie et al. Laboratoire de Nutrition Humaine, Université Clermont Auvergne, Centre de Recherche en Nutrition Humaine, BP 321, 63009 Clermont-Ferrand Cedex 1, France;

FEATURES AND SPECIFICATIONS

Caloric Distribution (% of kcal)

Protein.....	80%
Carbohydrate	20%
Fat.....	0%

Protein Source:

Whey Protein, Calcium Caseinate

PDCAAS 100: Complete protein with 100% Dispensable and Indispensable amino acids.

Osmolality: 10 mOsm/kg water
When mixed in 60 mL of water

Appropriate for these diets:

Gluten Free, Low Residue, Sugar Free, Low Sodium, Low Fat.

Can be used orally or through feeding tube.

Allergen: Milk, Soy

Shelf Life: 24 months

Each serving provides 6 g of protein to help maintain muscle.

Mixes easily into liquids without lumping for ease of use in tube feeding.

Can be added to pureed and soft foods for enhanced protein.

Not a sole source of nutrition.

A Medical Food

Use under medical supervision.

NOT FOR PARENTERAL USE

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Critical care: Meeting protein requirements without overfeeding energy. Clinical Nutrition ESPEN xxx (2016). Stephen Taylor, Natalie Dumont, Rowan Clemente, Kaylee Allan, Claire Downer, Alex Mitchell Department of Nutrition & Dietetics, Southmead Hospital, Bristol, United Kingdom.

WE HELP PEOPLE FEEL BETTER™

Protein requirements guidelines recommendation

ASPEN 1.2 to 2.0 g/kg body weight for BMI <30

ESPEN 1.3gm/kg body weight

Evidence suggests that protein provision has positive impact on recovery of critically ill population.

Enteral formulas alone met only 55% of the lowest international standards for protein requirements without over-feeding calories of critical care patients.

ProSource® TF was able to meet up to 94% of protein requirements than enteral formula alone.

Dosing and Administration

Oral: Add one or more scoops or packets to any cold or hot liquid, moist food, soup, shake or smoothie.

Tube Feeding: Mix one scoop (7.5 g) or one packet to 60 mL of water. Stir until completely dissolved. Infuse via syringe down feeding tube. Flush tube with 30-60 mL water before and after administration. Can be mixed with enteral formula.

Ingredients: Whey Protein Concentrate, Calcium Caseinate, Natural & Artificial Vanilla Flavors, Soy Lecithin.

Supplement Facts

36 servings per container
Serving size 1 Scoop (7.5g)

Amount Per Serving
Calories 30

Ingredients:

Total Fat 0g 0%

Cholesterol 10g 3%

Sodium 45mg 2%

Potassium 10mg 0%

Phosphorus 35mg 2%

Total Carbohydrate 1g 0%

Total Sugar 0g 0%

Includes 0g Added Sugar 0%

Protein 6g 12%

Whey Protein 6g

Calcium Caseinate 1.35g

Calcium Caseinate 25mg 3%

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



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