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NUTRITION/	AL INFORMAT	TION
SERVINGS PER 0	CONTAINER: 23	
SERVING SIZE: 4	Og (1 Rounded Sc	oop)
	40g Serve	Per 100
ENERGY	640kJ	1600k
	153 Cal	383 Ca
PROTEIN	28g	70
FAT	1.9g	4.8
- Saturated	0.5g	1.4
Trans Fat	.4q	1
CARBOHYDRATE		
- Total	4.5g	11.4
- Sugars	3.2g	8.1
Dietery Fibre	.8g	2
Sodium	137mg	343m
Potassium	170mg	425m
Colostrum	600mg	1500m
Super green	10.4	004
blend	134mg	334m
Bromelain	67 GDU#	168 GDU
Lactase	168 FCC LU##	168 FCC LU#
Gluten	Omg	0m
ESSENTIAL AMI	NO ACID	
Histidine	624mg	1560m
Isoleucine	1492mg	3730m
Leucine	2504mg	6260m
Lysine	2132mg	5330m
Methionine	620mg	1550m
Phenylalanine	1060mg	2650m
Threonine	1516mg	3790m
Tryptophan	396mg	990m
Valine	1544mg	3860m
NON-ESSENTIAL	AMINO ACID	
Alanine	1088mg	2720m
Asparagine	528mg	1320m
Aspartic Acid	1760mg	4400m
Cysteine	492mg	1230m
Glutamic Acid	3960mg	9900m
Glutamine	1744mg	4360m
Glycine	528mg	1320m
Proline	1836mg	4590m
Serine	1432mg	3580m
Tyrosine	968mg	2420m
Arginine	912ma	2280m

Gelatine Digestion Units ## Food Chemical Codex Lactase Units

MACRO PRO 7 (VANILLA BEAN)

Muscle Recovery, Increases Strength Lean Muscle Gain, Immune Support

GEN-TEC NUTRITION: MACRO PRO 7 is possibly the most advanced protein blend on the market. It is a blend of 7 premium proteins for both fast absorbtion, medium and slow digesting proteins for sustained nitrogen retention and anabolic state.

MACRO PRO 7 is a complex formulation designed for the most discerning consumer wanting to supplement their daily protein intake and for the advanced consumer wanting to maximise protein synthesis.

MACRO PRO 7 contains all natural flavours, sweetener (Stevia) and colours. it is gluten free, has reduced lactose (added lactase enzyme). contains alkaline super green foods along with bromelain for improved digestion and reduction of inflammation. the addition of free form glutamine and high grade colostrum (20% igg) support immunity and gut health.

Evidence based view on key post-workout nutrients By Dane lvicevic: Dip, B.Sc, GCert, GDip

Nutritionist, Exercise Scientist and Clinical Biochemist

Protein blends are increasing in popularity, all proposing a unique edge over singular proteins. However, the edge a protein blend provides is dependent on the combination and quality of ingredients used.

MACRO PRO 7 contains a unique blend of proteins with the aim to extend the anabolic window over an extended period of time by using proteins that oer staggered peak periods, thus resulting in a prolonged eect of anabolism and nitrogen retention. The following proteins have been combined to oer this extended period of anabolism. After the ingestion of this protein blend, the fast releasing proteins, particular the hydrolysed whey protein would rapidly absorb through the intestinal lumen and into the blood, peaking within the hour (1, 2). This is shortly followed by a gradual rise in slow releasing proteins while the medium releasing proteins provide a second wave of peak blood amino acids levels. After 3-4 hours the slow releasing proteins will begin to peak providing a third peak wave in blood amino acid levels which will then gradually subside a few hours later providing a window of anabolism by inhibiting muscle protein breakdown (muscle nitrogen retention) and supporting muscle protein synthesis (MPS) (3-6).

In addition to the unique digestion rates of these proteins, each oers its very own biological "speciality" based on its unique nutrient prole, and in combination they oer a suite of biological specialities that support recovery and muscle protection. An example is how whey protein is an excellent stimulator of postprandial MPS (anabolic peak) whereas casein protein isn't so good at maximising MPS but is an expert at preventing muscle protein breakdown. Thus, they oer what the other doesn't exhibit to complement their biological specialities (5). An example of their unique specialities is illustrated below.

Furthermore, **MACRO PRO 7** contains compounds to assist with immunity and inammation after intense exercise. These include bromelain and colostrum, which provide inammatory support from delayed onset muscle soreness and digestive support.

Benefits to Colostrum

- Decreases upper respiratory tract infection by 50% more than placebo (7)
- Supports recovery from intense anaerobic exercise (8, 9)
- Supports gastrointestinal integrity and immunity (10-12)

Benefits to Bromelain

- Reduces the severity of delayed onset muscle soreness (13-15)
 Acts in an anti-inammatory manner by regulating inammatory immune
- pathways (16-18)

• Aids digestion enzymatically by digesting proteins (19)

Lastly, this product also contains signicantly less lactose (milk sugar) than regular products that contain powerful dairy derived proteins by the addition of lactase (digestive enzyme). For those who don't tolerate lactose well or are lactose intolerant, low lactose consumption is better than complete lactose elimination for the majority of suerers. The reason is that small amounts of lactose build up tolerance by supporting colonies of lactose digesting bacteria and initiating cellular lactase production, whereas total elimination results in a decline of lactose digesting bacterial colonies as well as redundant lactase producing cells.

In summary, the combination of ingredients within Macro Pro 7 work towards providing a sustained released protein whilst also providing compounds that aid digestion, enhance immunity and support recovery from intense training. The addition of lactase along with bromelain supports the digestive system to tolerate and digest lactose during the absorption of this protein blend.





MACRO PRO 7 (VANILLA BEAN)

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INGREDIENTS: Proprietary Protein Blend (whey protein concentrate, milk protein isolate, calcium caseinate, egg albumen, organic wholegrain brown rice protein, hydrolysed whey protein isolate, whey protein isolate), natural sweeteners (fructose, stevia), natural flavours, emulsifiers (soy lecithin, sodium phosphates), L-glutamine, colostrum, nutritional oil blend [sunflower oil, glucose syrup solids, milk protein, emulsifier (471)], thickeners (guar gum, xanthan gum), super green blend (organic wheat grass, organic barley grass, spirulina), digestion enzymes (bromelain, lactase).

FLAVOURS: Chocolate, Vanilla Bean

SIZES: 908g, 2.27kg

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