

# The Complete Muscle Care System.



## ProFlex20™ helps you Build, Recover, and Absorb

The human body is made up of more than 650 muscles. Everything you do from walking to speaking and breathing requires muscles. Regardless of age or activity level, your muscle health is tied directly to your overall wellness. And protein is the key to maintaining healthy muscle.

Only *ProFlex20™* delivers the diverse blend of protein your muscles need every day—all without the fat and cholesterol found in typical protein sources. *ProFlex20™* helps:

- BUILD** with a proprietary blend of four diverse proteins that provide the essential amino acids your body needs to build lean muscle.
- RECOVER** with a unique mix of vitamins C and E, plus lipoic acid for powerful antioxidant protection.
- ABSORB** the protein with a special blend of two plant-based enzymes that help your body break down the protein quickly.

Plus, *ProFlex20™* now includes even more fiber to aid digestive comfort.

*ProFlex20™* is the first and only complete protein supplement with a proprietary blend of 4 proteins, antioxidants, digestive enzymes, and fiber for optimal muscle development and faster recovery.

**ProFlex20™ Shake Mix**  
\$43.00 (29.99pc 18pts)  
8655 Classic Vanilla  
8656 Dutch Chocolate

**ProFlex15™ Bars**  
\$29.00 (19.99pc 12pts)  
8657 Double Chocolate  
8658 Chocolate Peanut Butter



# Only ProFlex20™ lets you Build, Recover, and Absorb

with 4 proteins + 3 antioxidants + 2 enzymes + fiber.

## Isn't Protein Just for Weightlifters?

Definitely not! Protein is the basic building block of all muscle. It is essential for the proper growth and maintenance of everything from muscles and skin to hair and fingernails. Everyone concerned about wellness needs to be aware of their protein intake.

## How Much Protein Do I Need?

Protein levels will vary based on your age, sex, and activity levels, but the chart provides a good guideline. Research has shown that individuals who engage in regular exercise require higher levels of protein and antioxidants.

HOW MUCH PROTEIN YOU MIGHT NEED:			
FITNESS TYPE	CALORIES EXPENDED (per hour)	MALE (200 lbs)	FEMALE (125 lbs)
Sedentary	100	80 grams daily	50 grams daily
Light exercise	600	100 grams daily	60 grams daily
Moderate Exercise	800	120 grams daily	80 grams daily
Vigorous exercise	1000	140 grams daily	100 grams daily

## When Do I Take ProFlex20™?

A recent study published in *Medicine and Science in Sports and Exercise* found that consuming protein within one hour after exercising resulted in faster recovery. †

## What Improvements Were Made to the ProFlex Formulas?

**All-New Bars**—We gave the bars a major taste overhaul with a delicious new texture and two amazing flavors—double chocolate and peanut butter chocolate.

**Reduced Sugar**—We cut the sugar content of the bars by 16g—more than 60%—without sacrificing the flavor.

**Improved Shake Flavor**—ProFlex20™ Shakes are now available in creamy Classic Vanilla or rich Dutch Chocolate.

**Convenient Packaging**—ProFlex20™ Shakes now come in an easy-to-use pouch.

**Added Antioxidants**—In addition to vitamins C and E, Proflex now includes Alpha-Lipoic Acid.

## Why Do I Need Antioxidants?

Exercise creates free radicals. Free radicals are unstable molecules that attack and damage your cells, slowing recovery. Free radicals can be neutralized by antioxidants such as vitamin C, E, and lipoic acid. People who exercise need higher levels of both protein and antioxidants

## Putting ProFlex20™ into Action

Vitality for Life products are designed to work together to give you the results you want. Use the examples below to help you achieve your desired outcome:

**Aerobic or Light-Resistance Exercise** – This combination is ideal for weight-loss and toning exercises including, running, biking, and jogging.

	Before Workout	During Workout	After Workout
Women	Access Bar or Drink	Sustain Sport	ProFlex15 Bar
Men	Access Bar or Drink	Sustain Sport	ProFlex20 Shake

**Muscle Development Exercise** – Muscle development requires amino acids to maximize muscle protein production. This combination jump starts your workout with a dose of protein and carbohydrates.

	Before Workout	During Workout	After Workout
Women	ProFlex15 Bar	Sustain Sport	ProFlex15 Bar
Men	ProFlex15 Bar	Sustain Sport	ProFlex20 Shake

†“Effects of supplement timing and resistance exercise on skeletal muscle Hypertrophy” *Medicine and Science in Sports and Exercise*, Vol. 38, No. 11, 2006, p. 1918-25

“Dietary supplements affect the anabolic hormones after weight training exercise.” *Journal of Applied Physiology*, Vol 76, 1994, p. 839-45

