



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# ProBasics

INTRODUCED 2002

## What Is It?

ProBasics is a multi-supportive whey and rice protein beverage. An excellent source of protein and bioactive peptides, ProBasics delivers 30 grams of high quality protein per serving and is a source of tryptophan, BCAA, and other functional amino acids. It is easily digested, low in fat, naturally flavored, free of added sugar and contains less than 1% lactose. Its digestibility, amino acid profile, functional immune support proteins, easy preparation and french vanilla and chocolate flavors make it the protein supplement of choice.\*

## Features Include

- Whey protein isolate, containing a superior profile of essential and nonessential amino acids. It 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), which exceed most other animal and plant proteins in the diet. An advanced microfiltration process minimizes residual fat, cholesterol, and lactose while retaining key functional components such as lactoferrin, immunoglobulins, and glycomacropetides. Lactoferrin and immunoglobulins play important roles in immune support.\*
- Rice protein concentrate, consisting of enzymatically digested brown rice and enhancing the overall amino acid profile of this formula.\*

## Uses For ProBasics

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; and weight management, including a controlled carbohydrate approach to weight loss.\*

## What Is The Source?

Pure Encapsulations ProBasics is primarily composed of whey protein isolate derived from U.S. herds that have been tested for heavy metals, antibiotics and pesticides. The rice protein concentrate has been enzymatically digested. This beverage also contains Lo Han (*Momordica grosvenori*) fruit extract and stevia (*Stevia rebaudiana*) (leaf). ProBasics does not contain artificial flavors, artificial sweeteners or added sugars.

## Recommendations

Pure Encapsulations recommends adding one serving of ProBasics to 8 oz of water, milk, or juice. Blend with fresh or frozen fruit pieces if desired. Shake, stir, or blend until smooth.

## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

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\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

**ProBasics**

each 1½ scoops (FV) and 2 scoops (CH) contain:

calories .....	140
calories from fat .....	10
fat .....	1 g
saturated fat .....	<0.5 g
cholesterol .....	2 mg
sodium .....	50 mg
carbohydrate .....	FV: 5 g    CH: 6 g
dietary fiber .....	1 g
sugars (typical) .....	<1 g
protein .....	30 g
calcium (naturally occurring) .....	FV: 140 mg CH: 144 mg
phosphorus (naturally occurring) .....	FV: 150 mg CH: 174 mg
magnesium (naturally occurring) .....	FV: 154 mg CH: 171 mg
potassium (naturally occurring) .....	FV: 56 mg CH: 159 mg
stevia .....	FV: 40 mg    CH: 20 mg

Contains milk

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

**servings size:** French Vanilla: 37.5 g (1½ scoops)  
Chocolate: 40.2 g (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**

each 1½ scoops (FV) and 2 scoops (CH) contain:

aspartic acid .....	3.19	isoleucine .....	1.82
threonine .....	1.92	leucine .....	2.91
serine .....	1.46	tyrosine .....	1.07
glutamic acid .....	4.94	phenylalanine .....	1.17
proline .....	1.79	lysine .....	2.12
glycine .....	0.83	histidine .....	0.48
alanine .....	1.75	arginine .....	1.38
valine .....	1.86	cysteine/cystine .....	0.73
methionine .....	0.75	tryptophan .....	0.31



— Your Trusted Source —

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