

AcitV.Dynamic Information

<u>Ingredients</u>	<u>Per scoop (15 g)</u>
Soy Protein Isolate	4167 mg
D-Ribose	1667 mg
Medium Chain Triglyceride powder	833 mg
Tricalcium Phosphate	300 mg
Providing Phosphate	92 mg
Providing Calcium	116 mg
Glucuronolactone	200 mg
Creatine Monohydrate	167 mg
L-Glutamine	167 mg
Taurine	167 mg
Dibasic Potassium Phosphate	90 mg
Providing Potassium	40 mg
Providing Phosphate	49 mg
Alpha Lipoic Acid	67 mg
Magnesium Aspartate	42 mg
Chromium Picolinate	0.83 mcg

Contains Sugars: Fructose, 1667 mg

Inactive Ingredients: Maltodextrin, Flavour, Sweetener blend [Aspartame (E951), Acesulfame Potassium (E950)]

Glucuronolactone

A by-product of glucose metabolism, glucuronolactone occurs naturally in the body in small amounts. It is a structural component of almost all connective tissues. It may help to improve both aerobic and anaerobic performance as it may assist in preventing the formation of toxic substances during exercise. It may also assist in improving reaction time, concentration and memory.

Creatine Monohydrate

Creatine Monohydrate not only increases athletic performance but also delays the onset of fatigue and accelerates recovery during intense exercise. It increases muscle strength while reducing muscle pain and muscle cramps. It may reduce the amount of lactic acid produced during exercise by up to 40%.

L-Glutamine

L-Glutamine is required for the formation and proper functioning of many important substances in the body such as DNA, GABA, Glucosamine, Glutathione and Glycogen. Stress, exercise and in particular endurance exercise may reduce the amount of L-Glutamine in the body very significantly.

L-Glutamine may reduce the amount of lactic acid produced during exercise, thereby considerably reducing the amount of muscle (protein) breakdown which occurs. L-Glutamine is anabolic in nature, assisting in the growth of muscles.

Taurine

Taurine is an amino-acid which plays a vital role in transporting minerals and other nutrients across the cell membrane. During exercise, it protects the DNA and the heart from damage and decreases lactic acid formation. It also helps to control calcium levels, aiding in optimising muscle contractions, increasing stamina and endurance and delaying the onset of fatigue. It may also increase muscle strength and reduce muscle cramps.

As a powerful anti-oxidant, Taurine may help to reduce the build-up of toxins in muscle and brain tissue. An added benefit is that it may significantly improve sight and hearing.

Maltodextrin, Dextrose

Consisting of glucose molecules, Maltodextrin and Dextrose are sources of carbohydrates to support energy production. Easily absorbed and used by the body, they assist in making energy available to the muscles immediately and aid in muscle recovery. They help to maintain performance during extended, high-intensity exercise.

Dextrose can also assist in the absorption of water and electrolytes and enhance the uptake of Creatine Monohydrate into muscles (see below).

Lipoic Acid

Lipoic Acid is a compound which has very special properties: it is a potent anti-oxidant which is both water- and fat soluble as a result of which it is able to exercise its protective properties both inside (intra-cellular, mitochondria) and outside (extra-cellular, cell membrane, red blood cells, proteins, fatty acids and more) the cell. Lipoic acid may increase both muscle and brain energy levels and facilitate muscle recovery after exercise. It may also reduce insulin resistance.

Magnesium, Calcium, Phosphorous

Magnesium, Calcium and Phosphorous have been included in ALPHA ENRG (albeit in very small amounts) as they are essential contributors to normal nerve and muscle function and in maintaining good overall metabolism and health.

Chromium

Chromium helps the body to metabolise carbohydrates and fats. In particular, it provides support for healthy glucose metabolism. During intense exercise, a significant portion of the body's Chromium reserves may be lost.

2. What you need to know before you take ProDynamic

Do not take ProDynamic:

if you are hypersensitive (allergic) to any of the ingredients of ProDynamic

if you are diabetic or pre-diabetic

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Warnings and special precautions

Important information about some of the ingredients of ProDynamic: ProDynamic contains Maltodextrin and Fructose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

Keep out of reach of children.

Unless otherwise prescribed, do not exceed the stated daily dose.

Vitamin supplements should not replace a balanced diet.

Other medicines and ProDynamic

Always tell your healthcare provider if you are taking any other medicine.

ProDynamic with food

Use of antacids may interfere with the absorption of chromium picolinate.

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your Doctor, Pharmacist or other healthcare provider for advice before taking this medicine.

Safety in pregnancy has not been established.