#### Information For the Use

Dietary Fiber 4gm + Soluble Fiber 3.80gm + Prebiotic (FOS) 3.80gm + Protein 33gm + Glycine 500mg + L-Lysine 2300mg + L-Histidine 500mg + L-Cysteine 600mg + L-Glutamic Acid 4200mg + DHA 100mg + Lactobacillus Rhamnosus Hn001 (1x10)

1.67 CFU + Bifidobacterium Animalis Lactis Hn019 1.67 CFU + Vitamin A 666.67mcg + Vitamin D 666.67 IU + Vitamin E 8.33 + Vitamin K 91.67mcg + Vitamin C 50mg + Folic Acid 416.67mcg + Vitamin B1 1.33mg + Vitamin B2 1.67mg + Vitamin B3 15mg + Vitamin B6 2.08mg + Vitamin B12 2mcg + Pantothenic Acid 5mg + Biotin 25mcg + Choline 110mg + Iron 58.30mg + Calcium 1000mg + Phosphorus 300mg + Magnesium 258.30 + Zinc 10mg + Iodine 208.33mcg + Copper 1.125 + Selenium 33.33mcg + Manganese 1.67mg + Molybdenum 37.50mcg + Sodium 370mg + Potassium 650mg + Chloride 250mg

Chloride 350mg

# **Proglee Mom Protein Powder**

## **Comprehensive Nutritional Protein Powder**

Our premium **Protein Powder** is a scientifically formulated blend designed to support overall health, muscle recovery, and digestive wellness. Packed with high-quality **proteins**, **essential amino acids**, **dietary fiber**, **probiotics**, **and vital vitamins & minerals**, this formula provides comprehensive nutrition for individuals seeking **optimal performance**, **immune support**, **and gut health**.

### Key Nutritional Components

Protein (33g) – High-quality protein to support muscle growth, recovery, and overall strength.
Dietary Fiber (4g) & Soluble Fiber (3.80g) – Enhances digestion and promotes gut health.
Prebiotic (FOS) (3.80g) – Supports the growth of beneficial gut bacteria for better digestion.

## **Essential Amino Acids:**

- **Glycine (500mg)** Supports muscle growth and metabolic function.
- L-Lysine (2300mg) Essential for collagen production and immune support.
- L-Histidine (500mg) Important for tissue repair and antioxidant function.
- L-Cysteine (600mg) Aids in detoxification and antioxidant production.
- L-Glutamic Acid (4200mg) Supports brain function and protein metabolism.

**DHA** (100mg) – Essential omega-3 fatty acid for brain and heart health.

## **Probiotics for Gut Health:**

- Lactobacillus Rhamnosus HN001 (1.67 CFU) Supports immune function and digestive balance.
- Bifidobacterium Animalis Lactis HN019 (1.67
   CFU) Enhances gut microbiota and nutrient absorption.

### Vitamin & Mineral Profile for Overall Wellness

## Vitamins

- Vitamin A (666.67mcg) Supports vision and immune health.
- Vitamin D (666.67 IU) Essential for bone strength and calcium absorption.
- Vitamin E (8.33mg) A powerful antioxidant for skin and immune health.
- Vitamin K (91.67mcg) Aids in blood clotting and bone metabolism.
- Vitamin C (50mg) Boosts immunity and collagen production.
- Folic Acid (416.67mcg) Supports DNA synthesis and red blood cell formation.
- **B-Complex Vitamins** Essential for energy metabolism and brain function:
  - B1 (1.33mg), B2 (1.67mg), B3 (15mg), B6 (2.08mg), B12 (2mcg) ○
     Pantothenic Acid (5mg), Biotin (25mcg), Choline (110mg)

### **Essential Minerals**

- Iron (58.30mg) Supports oxygen transport and energy production.
- Calcium (1000mg) & Phosphorus (300mg) –
   Strengthens bones and teeth.

- Magnesium (258.30mg) Enhances muscle function and relaxation.
- Zinc (10mg) & Copper (1.125mg) Strengthens immune health and metabolism.
- Iodine (208.33mcg) Supports thyroid function.
- Selenium (33.33mcg) & Manganese (1.67mg) Powerful antioxidants for cell protection.
- **Molybdenum (37.50mcg)** Essential for enzyme function.
- Electrolytes (Sodium 370mg, Potassium 650mg, Chloride 350mg) – Maintains hydration and muscle function.

# Why Choose This Protein Powder?

- **Complete Nutrition** A balanced blend of protein, fiber, probiotics, vitamins, and minerals.
- Supports Digestive & Gut Health Probiotics and fiber enhance digestion and nutrient absorption.
- Muscle Recovery & Performance High-quality protein and amino acids aid in muscle repair and growth.
- Immunity & Brain Function Essential vitamins, DHA, and antioxidants boost overall wellness.

This protein powder provides a well-rounded nutritional profile to support an active and healthy lifestyle.

Manufactured in India for:

