

Information For the Use

Guar Gum 12g + DHA 60mg + Vitamin A 3000 IU + Vitamin D3 300 IU + Vitamin E 12 IU + Vitamin C 40mg + Niacinamide 18mg + Vitamin B2 1.6mg + Vitamin B1 1.4 mg+ Vitamin B6 1mg + Folic Acid 166mcg + Biotin 1mcg + Vitamin B12 1mcg + Magnesium 100mg + L-Carnitine 100mg + Zinc 4mg + Manganese 2mg + Copper 0.5mg+ Chromium 120mcg + L-Lysine 5mcgVanila Flavour
Sugar Free

Proglee Protein Powder Vanilla

Guar Gum 12g + DHA 60mg + Vitamins and Minerals (Sugar-Free) Protein Powder

Flavor: Vanilla

Description

This protein powder is a sugar-free nutritional supplement designed to support overall health and well-being. It contains a blend of Guar Gum, DHA, essential vitamins, minerals, and L-Carnitine, making it ideal for managing nutritional deficiencies, promoting energy metabolism, and supporting muscle health.

Composition (Per Serving)

- Guar Gum: 12 g
- DHA (Docosahexaenoic Acid): 60 mg
- Vitamin A: 3000 IU
- Vitamin D3: 300 IU
- Vitamin E: 12 IU
- Vitamin C: 40 mg
- Niacinamide: 18 mg
- Vitamin B2 (Riboflavin): 1.6 mg
- Vitamin B1 (Thiamine): 1.4 mg
- Vitamin B6 (Pyridoxine): 1 mg
- Folic Acid: 166 mcg
- Biotin: 1 mcg
- Vitamin B12: 1 mcg
- Magnesium: 100 mg
- L-Carnitine: 100 mg
- Zinc: 4 mg
- Manganese: 2 mg
- Copper: 0.5 mg
- Chromium: 120 mcg
- L-Lysine: 5 mcg

Indications

This supplement is beneficial for:

1. **Nutritional Deficiencies:** To address deficits in essential vitamins, minerals, and amino acids.
2. **Energy Metabolism:** Supports energy production and reduces fatigue.
3. **Muscle Maintenance:** Promotes muscle repair and development.
4. **Heart and Brain Health:** DHA supports cardiovascular health and cognitive function.
5. **Weight Management:** Guar gum aids in satiety and digestive health.
6. **Immune Support:** Vitamins and minerals like Vitamin C, Zinc, and Vitamin D3 strengthen the immune system.
7. **Bone Health:** Vitamin D3, Magnesium, and Copper support strong bones.

Mechanism of Action

1. Guar Gum (12g):

- A soluble dietary fiber that improves digestion and promotes a feeling of fullness, aiding in weight management.
- Helps regulate blood sugar and cholesterol levels.

2. DHA (Docosahexaenoic Acid):

- An omega-3 fatty acid that supports brain, eye, and heart health.
- Reduces inflammation and supports healthy neural function.

3. Vitamins and Minerals:

- **Vitamin A:** Enhances vision and immune function.
- **Vitamin D3:** Supports calcium absorption and bone strength.
- **Vitamin E:** Provides antioxidant protection.
- **Vitamin C:** Boosts immunity and promotes collagen synthesis.
- **B-Vitamins:** Play a vital role in energy production and red blood cell formation.

4. L-Carnitine:

- **Helps transport fatty acids into cells for energy production.**
 - **Improves stamina, recovery, and muscle performance.**
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Dosage and Administration

- **Recommended Dose:**
 - **Adults: 1–2 scoops (approximately 25–30 g) per day.**
 - **Children: 1 scoop (approximately 15 g) per day, or as directed by a physician.**
 - **Preparation Instructions:**
 1. **Add the recommended amount of powder to a glass of lukewarm or cold water/milk (200 ml).**
 2. **Stir well until fully dissolved.**
 3. **Consume immediately after preparation.**
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Contraindications

- **Hypersensitivity to any component of the formulation.**
 - **Patients with severe kidney or liver disorders should use under medical supervision.**
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Warnings and Precautions

1. **Diabetic Patients: Though sugar-free, monitor blood sugar levels when incorporating into your diet.**
 2. **Pregnancy and Lactation: Use only under medical advice during pregnancy or while breastfeeding.**
 3. **Allergic Reactions: Discontinue use if signs of an allergic reaction occur.**
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Adverse Effects

- **Rare: Mild gastrointestinal discomfort, such as bloating or flatulence, due to Guar Gum.**
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Key Benefits

- **Sugar-Free: Suitable for individuals with diabetes or those avoiding added sugars.**
 - **Complete Nutrition: Provides a balance of protein, fiber, vitamins, and minerals.**
 - **Weight Management: Promotes fullness and aids in controlled calorie intake.**
 - **Improved Energy and Immunity: Boosts stamina and supports immune health.**
 - **Convenient and Tasty: The vanilla flavor makes it easy to incorporate into daily routines.**
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Storage Conditions

- **Store in a cool, dry place, away from direct sunlight.**
 - **Keep the container tightly closed after use.**
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Presentation

- **Available in 200 g, 400 g, or 1 kg containers with a scoop for precise measurement.**
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Note: This supplement is not a substitute for a balanced diet. For best results, combine with a healthy lifestyle and regular physical activity. Use under medical guidance for specific health conditions.

Manufactured in India for:

CafoliTM
L I F E C A R E
Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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Panchkula-134113

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