**ProFlex20™**

Complete muscle care that helps you build, recover, and absorb for optimal muscle development and recovery.

**The Need**

After age 35, you lose about 1% of your muscle mass every year. And it gets worse as you age. That means by age 55 you may lose nearly 20% of your muscle tone, definition, and strength.

**Competitive Solutions**

Protein sources like peanut butter, eggs, and red meat have high levels of fat and cholesterol. Competing protein supplements may offer protein from only one source which limits absorption.

**The Melaleuca Solution**

ProFlex20 (with 20 grams of protein) feeds your muscles a diverse blend of proteins—without the fat and cholesterol of other protein sources. The delicious ProFlex20 Shake has two US patented plant-based enzyme blends to help you digest and better absorb each protein source. Plus, ProFlex20 includes fibre to address the irregularity typical of high protein diets.

**The Melaleuca Value**

ProFlex20 is the only protein source that combines 4 proteins with 3 antioxidants, 2 enzymes, and fibre for complete muscle care.

From the gluteus maximus (your biggest muscle) to the stapedius (your smallest), your body is made up of over 650 muscles—that's nearly half your body weight. Muscles are one of those things that most of us take completely for granted, but they are incredibly important for two key reasons: (1) Muscles are the "engine" your body uses to propel itself. Although they work differently than a car engine or an electric motor, muscles do the same thing—they turn energy into motion. (2) It would be impossible for you to do anything without your muscles.

Absolutely everything that you conceive of with your brain is expressed as muscular motion. The only ways for you to express an idea are with the muscles of your larynx, mouth, and tongue (spoken words), with the muscles of your fingers (written words or "talking with your hands") or with the skeletal muscles (body language, dancing, running, building, or fighting, to name a few). Because muscles are so crucial, they are incredibly sophisticated. They are efficient at turning fuel into motion, they are long-lasting, they are self-healing, and they are able to grow stronger with practice. Muscles do everything from allowing you to walk to keeping your blood flowing!

**What Is Protein?**

Protein is made up of amino acids and is an important component of every cell in your body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

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**Instructions**

Add two scoops of ProFlex20 to 237mL of water. Stir or shake until smooth. Drink immediately. Reseal after use. Store in a cool, dry place.

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**Nutrition Information**

<table>
<thead>
<tr>
<th></th>
<th>Amount Per Serving*</th>
<th>Amount Per 100g*</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
<td>375.0</td>
</tr>
<tr>
<td>Kilojoules</td>
<td>882</td>
<td>1575.0</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>20</td>
<td>36</td>
</tr>
<tr>
<td>Total Fat (g)</td>
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<td>9</td>
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<tr>
<td>Saturated Fat (g)</td>
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<td>2</td>
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<tr>
<td>Cholesterol (mg)</td>
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<td>9</td>
</tr>
<tr>
<td>Total Carbohydrate (g)</td>
<td>24</td>
<td>43</td>
</tr>
<tr>
<td>Fibre (g)</td>
<td>7</td>
<td>13</td>
</tr>
<tr>
<td>Sugar (g)</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>200</td>
<td>357</td>
</tr>
</tbody>
</table>

**Also Contains**

- Vitamin A (mcg) 150 268
- Thiamin (mg) 0.5 0.8
- Riboflavin (mg) 0.7 1
- Niacin (mg) 6 11
- Folate (mcg) 120 214
- Vitamin B6 (mg) 0.6 1
- Vitamin B12 (mcg) 1.8 3
- Vitamin C (mg) 60 107
- Vitamin E (mg) 20 36
- Biotin (mcg) 50 89
- Pantothenic Acid (Vit B5) (mg) 3 5
- Calcium (mg) 600 1071
- Copper (mg) 0.6 1
- Iodine (mcg) 45 80
- Iron (mg) 9 16
- Magnesium (mg) 160 286
- Phosphorus (mg) 400 714
- Zinc (mg) 5.3 9

*Average Amounts

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AU/NZ 10/12
ProFlex20 Shake Vanilla (continued from previous page)

Contains milk, soy, eggs. Produced on equipment that also produces soy, dairy and eggs.

Ingredients: Protein Blend: (Whey Protein Isolate, Calcium Caseinate, Soy Protein Isolate, Egg Albumin), Sunflower Creamer: (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [a milk derivative], Mono- and Diglycerides, Soy Lecithin (Emulsifiers), Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols (Antioxidant), Maltodextrin Fibre, Whey Protein Concentrate, Inulin, Polydextrose (Bulking Agent), Vitamin/Mineral Premix: (Dicalcium phosphate, magnesium oxide, ascorbic acid, d-alpha tocopheryl acetate, niacinamide, electrolytic iron, zinc oxide, d-calcium pantothenate, pyridoxine hydrochloride, copper gluconate, riboflavin, retinyl acetate, Vitamin D3, thiamine mononitrate, folic acid, biotin, potassium iodide, cyanocobalamin), Natural and Artificial Vanilla Flavourings, Maltodextrin, Cellulose Gum, Sucralose (Sweetener), Ascorbic Acid (Antioxidant), Medium Chain Triglyceride Oil Creamer, Silicon Dioxide (Anti-Caking Agent), d-Alpha Tocopheryl Acetate, Soybean Oil Creamer, Soy Lecithin (Emulsifier), Sodium Silicoaluminate (Processing Aid), Alpha Lipoic Acid, Papain, Bromelain.

Gluten-free product.

Formulated supplementary sports food. Should not be used as a sole source of nutrition and should be consumed in conjunction with a nutritious diet and an appropriate physical training or exercise programme. Not suitable for children under 15 years of age or pregnant women, should only be used under medical or dietetic supervision.

ProFlex20: Better Absorption and Added Fibre

ProFlex20 has the best, most bioavailable blend of proteins—which includes 9 essential branch amino acids. Two US patented plant-based enzyme blends help you digest and better absorb ProFlex20’s proteins. And, because higher protein intake usually means less fibre intake, ProFlex20 Shakes include 8 grams of heart-and-digestion-loving fibre per serving!

Along with fat and carbohydrates, protein is a “macronutrient,” meaning that the body needs relatively large amounts of it. (Vitamins and minerals, which are needed in only small quantities, are called “micronutrients.”) But unlike fat and carbohydrates, your body does not store protein, and, therefore, it has no reservoir to draw on when it needs a new supply.

Protein helps restore, repair, and strengthen your muscle tissue. Without a dietary source of protein, neither your body nor your muscles grow. Even worse, after age 35, you lose 1% of your muscle mass per year. That means by age 55, you may lose nearly 20% of your muscle tone, strength, and definition. Without an adequate intake of protein, your body may even break down existing muscle tissue in order to get the amino acids it needs to repair muscle damage caused by exercise and intense activity.

Protein helps provide energy. If you think of your energy levels like a fire, carbohydrates are the kindling and proteins are the logs that keep the fire going. With only carbohydrates for fuel, your fire ignites instantly—but it will also burn quickly and need to be restocked frequently. With only protein for fuel, the fire is difficult to ignite. However, when you have the right combination of kindling and logs (carbohydrates and protein), the result is a healthy, roaring, stable fire. In other words, eating a variety of good carbohydrates and proteins will keep you well-fed and your energy level balanced.

Protein can help you lose weight. With the national obesity epidemic, many people have turned to increasing their intake of protein and decreasing their carbohydrate or fat intake in order to shed a few kilograms. When you eat lots of protein but few carbohydrates, your metabolism switches into a state called ketosis. Ketosis means your body converts from burning carbohydrates for fuel to burning its own fat. When fat is broken down, small bits of carbon called ketones are released into the bloodstream as energy sources. Ketosis tends to suppress appetite, causing you to eat less, and it also increases the body’s elimination of fluids through urine, resulting in a loss of water weight.

Another reason higher protein intake can help you lose weight is because protein can be converted by the body into glucose for energy—but it takes twice as much effort as converting carbohydrates or fats into glucose. This extra effort translates into more calories being burned.

When it comes to feeling full, clinical studies consistently show that high-protein diets increase satiety and decrease hunger compared with high-fat or high-carbohydrate diets. In addition, most studies show that people on high-protein diets take in about 10% less energy (roughly 200 calories) per day, which could account for at least some of the weight loss seen with increased protein intake. On average, high-protein diets produced an average weight loss that is about 1-2kgs greater than that achieved on other diets after six months.

What’s the Best Source of Protein? ProFlex20

There are many foods that contain protein—eggs, milk, beef, chicken, even rice and wheat. The fact is your body absorbs each of these different types of proteins at a different rate. The better a protein is absorbed by your body, the higher its biological value or BV rating. Biological value, a measure of protein quality, measures the amount of protein that is retained from the absorbed protein for maintenance and growth.

Originally it was believed that the best source of protein was an egg, which ranks a BV rating of 100. Over time, however, researchers have discovered even better sources of protein—with BV ratings as high as 159. The source with the highest BV rating is whey protein—a natural by-product of cheese. The chart below shows the BV ratings of the most common protein sources in the typical diet.
Fish, beef, chicken, and eggs contain high amounts of protein. Unfortunately, they may also contain extra fat, cholesterol, and calories—which doesn’t do your heart or waistline any good. Because individuals vary in their protein needs, ProFlex20 combines a diversity of proteins. The proprietary protein blend in ProFlex20 consists of whey, casein, egg albumin, and soy proteins.

ProFlex20’s proprietary diverse proteins are the best, most-bioavailable blend, and it includes all 11 essential branch chain amino acids—to help maintain and repair your muscle tissue.

Whey protein’s biological value is nearly twice that of beef, fish, or chicken, and more than three times better than the BV of beans. In addition to not having any fat or cholesterol like other sources, whey protein also doesn’t have the lactose sugars commonly found in cow’s milk—making it acceptable to those who are lactose intolerant.

### What is Whey Protein Made of?*

<table>
<thead>
<tr>
<th>Protein Component</th>
<th>% Found in Whey</th>
<th>Function (Benefit)</th>
</tr>
</thead>
</table>
| Beta-Lactoglobulin | 50%–55%         | • Binds fat-soluble vitamins, making them more available to the body  
• Excellent source of essential and branch amino acids, which help prevent muscle breakdown and glycogen during exercise       |
| Alpha-Lactalbumin  | 20%–25%         | • High in tryptophan, an essential amino acid, which benefits sleep regulation and mood improvement under stress |
| Immunoglobulins    | 10%–15%         | • Provides immunity enhancing benefits to infants and others |
| Bovine Serum Albumin (BSA) | 5%–10%         | • Provides superior fat-binding properties |
| Glycomacropeptide (GMP) | Less than 5%    | • Helps control and inhibit the formation of dental plaque and dental cavities |
| Lactoferrin        | Less than 5%    | • Inhibits the growth of bacteria and fungi due to its ability to bind iron  
• Promotes the growth of beneficial bacteria such as bifidus  
• Regulates iron absorption and bioavailability  
• An antioxidant that naturally occurs in tears, blood, breast milk, saliva, and mucus |
| Lactoperoxidase    | Less than 1%    | • Inhibits the growth of iron-dependent bacteria |
| Lysozyme           | Less than 1%    | • Contains immunity enhancing properties |

* Information provided by The Whey Protein Institute
Different People, Different Protein Needs

The amount of protein you need varies by your age, sex, health, and activity. For example, if you exercise each day at a high intensity, your need for protein will be higher than someone who participates in light exercise. Researchers say that athletes (both weight lifters and people involved in aerobic exercise like running) need about 50% more protein than the recommended average to help repair, restore, and build muscle tissue. Moreover, during times of traumatic events—such as injuries, surgery, or emotional upsets, your body can lose up to 30 or more grams of protein a day. Even “couch potatoes” need protein to replace the worn-out tissues that result from general bodily wear and tear and to manufacture new blood cells, hormones, and enzymes.

As the chart below shows, if you strength train on a regular basis, you need to consume roughly .8 grams of protein per lean pound of body weight. If you train for endurance, you need about .6 grams of protein per lean pound of body weight. And if you only exercise to tone and define your body, your protein intake should be higher than the recommended daily allowance. ProFlex20 supplies you with 20 grams of diverse proteins. ProFlex20 significantly boosts your protein intake!

ProFlex20: An Essential Protein Source for Good Health

Dietary protein affects the quality of your life and how long you live. What you eat largely determines whether your muscles stay strong and vibrant. The delicious ProFlex20 Shake lets you build, recover, and absorb for maximum muscle care.

Everyone Can Benefit from ProFlex20!

<table>
<thead>
<tr>
<th>Ruby</th>
<th>James</th>
<th>Alison</th>
<th>Bill</th>
</tr>
</thead>
<tbody>
<tr>
<td>She works to stay healthy at an age when many of her friends are complaining of aches and pains. Ruby's exercise routine helps her maintain muscle mass. Ruby could lose up to 1% of her muscle mass every year. She should consume at least 8 grams of protein for every 1kg of body weight. The added bonus—extra protein will help her find more energy to do the things she wants to do every day.</td>
<td>He's a gym rat—a musclehead. James is totally into weight and strength training around four days a week. It is absolutely essential that he gets enough protein to help his body recover after each workout. James should add ProFlex20 to his diet so he’ll get 1.6 grams or more for every kg of body weight. Otherwise he’ll have a difficult time attaining the muscle growth he wants.</td>
<td>She eats a balanced diet and takes good care of herself. Alison exercises regularly and is in pretty good shape. She doesn’t want to put on a lot of muscle. Instead, she’s working to tone her arms, legs, and glutes. Alison should be getting between .8 and 1.2 grams of protein per kg of body weight. Supplementing her diet with ProFlex20 will help ensure she gets enough amino acids to maintain her tone without losing muscle tissue.</td>
<td>He’s trying to lose a few pounds with a low-carbohydrate, high-protein diet. It’s critical that Bill gets enough protein in his diet—especially since he’s not eating very many carbs. Without carbohydrates, his body may turn to lean muscle tissue for the nutrients it needs to function. That means Bill’s body can actually break down muscle and preserve the fat he’s trying to lose. Bill should consume between 1.2 and 1.6 grams of protein per kg of body weight.</td>
</tr>
</tbody>
</table>