

PROQUICK



Food Supplements

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PROQUICK

IPERPROTEICO
IPERSOLUBILE

PROQUICK is a protein-amino acid preparation that, following in its composition the one of breast milk is to be used almost entirely by our organism being bioavailable at 96 - 97% (remember that the protein intake provided by a steak, is actually used less than 50%). **PROQUICK** is therefore placed as a supplement, pleasant to the palate, to realize dietotherapy slimming programs such as the protein diet that provides a share of protein, to be taken daily, which complies with the guidelines of the **WHO (World Health Organization)** and **L.A.R.N. (Recommended Intake Levels of Nutrients of the Italian Society of Human Nutrition)** that recommend a contribution ranging from **0.8 to 1.2 grams of protein per kilogram of ideal body weight**. A protein diet can also be followed by natural foods, but has some limits for practicality, for efficiency and renal overload, problem encountered since the first studies completed in the seventies by Prof. G.Blackburn in the United States. Today the protein diet can be easily followed thanks to the help of protein-amino acid preparations such as **PROQUICK, which with its formulation of 18 amino acids from whey proteins, whose ratio between the essential ones is the one recommended by Meister, and potassium (K+) find indication, however, in all cases of increased protein requirements in:**

- Patients subjected to weight loss program for overweight, obesity, high blood pressure, type 2 diabetes and insulin - resistance, hyperlipidemias, asthma, sleep apnea, diseases of the locomotor system, localized adiposity, increased weight in menopausal and pregnancy;
- Geriatrics patients with protein malnutrition;
- Oncology patients with protein malnutrition;
- Patients suffering from chronic disease characterized by the presence of hypercatabolism, with loss of lean mass.

PROQUICK is an ideal dietary supplement also for those who perform physical activity or for those exposed to oxidative stress, because the mixture of essential amino acids contained in the product **contributes to the increment of GH (Growth Hormone)** hormone able to prevent the reduction of muscle mass and muscle performance by producing phosphorylation of the receptor that activates the increase of Perissoma, performing a less inhibitory action against transcriptase, enzyme used for adipogenesis ,stimulated by, among other things, estrogen, leading to the final effect of the reduction of fat in hormone-dependent zones (hips in women, abdomen in men).

PROQUICK

PROTEIN SUPPLEMENT BASED ON MILK PROTEIN ENRICHED WITH ISOLEUCINE, TRYPTOPHAN, POTASIUUM CITRATE AND INULIN.

Proquick is a dietary supplement of 18 amino acids, instant solubility proteins, high biological value whit addition of potassium citrate and inulin, which allow the supply of a protein integration qualitatively complete.

Indicative is the presence of essential amino acids, which are proportionately adapted to the internationally recommended standards.

PERCENTAGE RATIO OF ESSENTIAL AMINO ACIDS TO:

Phenylalanine	6,1%	Methionine	4,07%
Isoleucine	14,23%	Threonine	16,26%
Histidine	4,1%	Tryptophan	4,07%
Leucine	22,76%	Valine	12,2%
Lysine	16,26%		

THE 18 AMINO ACIDS OF PROQUICK:

ESSENTIAL AMINO ACIDS:	SEMI-ESSENTIAL AMINO ACIDS:	NON-ESSENTIAL AMINO ACIDS:
Phenylalanine	Tyrosine	Alanine
Isoleucine	Arginine	Ac. aspartic
Histidine	Cystine	Ac. glutamic
Leucine		Glycine
Lysine		Proline
Methionine		Serine
Threonine		
Tryptophan		
Valine		

INFORMATION FOR THE SPORTS PHYSICIANS:

Nowadays the Ministry of Health recommends the same proportions of essential amino acids that were identified in 1965 by Meister , proportions that guarantee the maximum plastic activity of these amino acids. The Blackburn-diet allows to fight obesity avoiding the weakening of muscle mass. As was recently observed by Castaldo and Ceccarelli, it is precisely the **GH incretion stimulated by the intake of essential amino acids** that represents one of the main factors that **protects the maintenance of muscle mass**.

It is now known, moreover, that the intake of these amino acids, in the given proportions, not only allows the maintenance, but also the increase of muscle mass even in condition of intake of other nutrients in default. For these reasons we can say that Proquick is a **dietary supplement valid for those who perform physical activity, which leads to an increased turnover of the amino acid pool**.

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Isoleucine	14,23%	Threonine	16,26%
Histidine	4,1%	Tryptophan	4,07%
Leucine	22,76%	Valine	12,2%
Lysine	16,26%		

Nutrition information: (per 15 g of product)

Potassium	600 mg
of which Potassium	215 mg
Inulin	430 mg

Whey protein:

L-Glutamic acid	2,12 g	L-Serine	0,58 g
L-Aspartic acid	1,24 g	L-Phenylalanine	0,33 g
L-Leucine	1,15 g	L-Tyrosine	0,31 g
L-Lysine	1,14 g	L-Cystine	0,28 g
L-Isoleucine	0,85 g	L-Methionine	0,25 g
L-Threonine	0,83 g	L-Arginine	0,22 g
L-Valine	0,77 g	L-Tryptophan	0,19 g
L-Proline	0,71 g	L-Histidine	0,18 g
L-Alanine	0,61 g	L-Glycine	0,18 g



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