

P
R
O
L
I
N
E



2020-2021

PRODUCT

INTERNATIONAL CATALOGUE





ISO ADVANCED



ISO ADVANCED uses only pure Cross Flow Micro Filtered Whey Protein Isolate 90%, no added amino acids, no creamers and no soy. ISO ADVANCED contains 30gr of the highest quality Whey Protein Isolate and is sugar free and low in or fat free.

ISO ADVANCED whey protein isolate contains only the highest rated Biological Value (BV) protein available and is easily and rapidly digested. High in naturally occurring key amino acids L-Glutamine and BCAA's that help stop and reverse the damage from training to help you build quality muscle and increase recovery time.

All PROLINE products deliver full disclosure of all ingredients and clinically proven doses so you know exactly what you're getting every time and we have even taken the unprecedented step of listing not just the grade of protein used, but how much is used.

AVAILABLE FLAVOURS

- VANILLA
2LB: 70019900394-2
5LB: 70019900399-7
- STRAWBERRY BANANA
2 LB: 70019900393-5
5 LB: 70019900398-0
- CHOCOLATE
2 LB: 70019900390-4
5 LB: 70019900395-9
- PEANUT BUTTER CHOCOLATE
2 LB: 70019900392-8
5 LB: 70019900397-3
- PEACH MANGO
2 LB: 70019900391 -1
5 LB: 70019900396-6

Nutrition Facts / Valeur nutritive

Per 1 Scoop (36.7 g) / Pour 1 cuillerée (36,7 g)
Servings per Container / Portions par récipient : 24.8

	1 Scoop (36.7 g) / 1 cuillerée (36,7 g)	100 g
Calories	132.5	361
	% Daily Value* / % valeur quotidienne*	
Fat / Lipides 0.5 g [†]	0.8 %	1.4 g
Saturated / saturés 0 g [†]	0 %	0 g
+ Trans / trans 0 g [†]	0 %	0 g
Carbohydrate / Glucides 2 g [†]	0.7 %	5 g
Fibre / Fibres 0 g	0 %	0 g
Sugars / Sucres 0 g [†]	0 %	0 g
Protein / Protéines 30 g [†]		82 g
Cholesterol / Cholestérol 0 mg [†]	0 %	0 g
Sodium 126 mg [†]	5.3 %	344 g
Potassium 202 mg [†]	4.3 %	550 mg
Calcium 152 mg [†]	13.8 %	414 mg
Iron / Fer 0 mg [†]	0 %	0 mg

[†] Amount in 1 Scoop (36.7 g) / Teneur pour 1 cuillerée (36,7 g)

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS (PER SERVING): Cross Flow Micro Filtered Whey Isolate 90% (32.9 g), Cocoa (2.0 g), Natural and Artificial Flavours (850 mg), Guar Gum (500 mg), Sucralose (260 mg), Salt (125 mg).

Contains: Milk by-products/derivatives.

INGRÉDIENTS (PAR PORTION) : Concentré de l'isolat de protéines de lactosérum micro-filtré à flux croisés 90% (32,9 g), Cocoa (2,0 g), Saveurs naturels et artificielles (850 mg), Gomme de guar (500 mg), Sucralose (260 mg), Sel (125 mg).

Contient : Sous-produits / dérivés du lait.

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



ISO

ADVANCED

WHEY PROTEIN ISOLATE



ISO ADVANCED NATURAL is free of any artificial sweeteners, flavours or colours and uses only pure Cross Flow Micro Filtered Whey Protein Isolate 90%, no added amino acids, no creamers, no soy and is sugar free and low in or fat free.

ISO ADVANCED whey protein isolate contains only the highest rated Biological Value (BV) protein available and is easily and rapidly digested. High in naturally occurring key amino acids L-Glutamine and BCAA's that help stop and reverse the damage from training to help you build quality muscle and increase recovery time.

All **PROLINE** products deliver full disclosure of all ingredients and clinically proven doses so you know exactly what you're getting every time and we have even taken the unprecedented step of listing not just the grade of protein used, but how much is used.

AVAILABLE FLAVOURS

VANILLA
ALL NATURAL
2 LB: 70019900406-2
5 LB: 70019900413-0

STRAWBERRY BANANA
ALL NATURAL
2 LB: 70019900404-8
5 LB: 70019900411-6

CHOCOLATE
ALL NATURAL
2 LB: 70019900400-0
5 LB: 70019900407-9

SALTED CARAMEL
ALL NATURAL
2 LB: 70019900403-1
5 LB: 70019900410-9

PEACH MANGO
ALL NATURAL
2 LB: 70019900401-7
5 LB: 70019900408-6

UNFLAVOURED
ALL NATURAL
2 LB: 70019900405-5
5 LB: 70019900412-3

Nutrition Facts / Valeur nutritive

Per 1 Scoop (35.1 g) / Pour 1 cuillerée (35,1 g)
Servings per Container / Portions par récipient : 25.9

	1 Scoop (35.1 g) / 1 cuillerée (35,1 g)	100 g
Calories	124	354
	% Daily Value* / % valeur quotidienne*	
Fat / Lipides 0 g [†]	0.8 %	0 g
Saturated / saturés 0 g [†]	0 %	0 g
+ Trans / trans 0 g [†]	0 %	0 g
Carbohydrate / Glucides 1 g [†]	0.3 %	3 g
Fibre / Fibres 0 g	0 %	0 g
Sugars / Sucres 0 g [†]	0 %	0 g
Protein / Protéines 30 g [†]		86 g
Cholesterol / Cholestérol 0 mg [†]	0 %	0 g
Sodium 341 mg [†]	14.2 %	973 g
Potassium 202 mg [†]	4.3 %	575 mg
Calcium 152 mg [†]	13.8 %	433 mg
Iron / Fer 0 mg [†]	0 %	0 mg

[†] Amount in 1 Scoop (35.1 g) / Teneur pour 1 cuillerée (35,1 g)

* 5% or less is a **little**, 15% or more is a **lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

INGREDIENTS (PER SERVING): Cross Flow Micro Filtered Whey Isolate 90% (33.6 g), Natural Flavours (500 mg), Guar Gum (500 mg), Salt (250 mg), Stevia (200 mg).

Contains: Milk by-products/derivatives.

INGRÉDIENTS (PAR PORTION): Concentré de l'isolat de protéines de lactosérum micro-filtré à flux croisés 90% (33,6 g), Saveurs naturels (500 mg), Gomme de guar (500 mg), Sel (250 mg), Stevia (200 mg).

Contient : Sous-produits / dérivés du lait.

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



WHEY COMPLEX

25g
PROTEIN

5.7g
OF BCAA

MIXES
INSTANTLY

100% WHEY COMPLEX is a high-quality whey protein designed to promote strength, recovery and build lean muscle. 100% WHEY COMPLEX contains pure CFM Whey protein concentrate 80% and pure CFM whey protein isolate 90% in every scoop.

CFM whey protein is rich in naturally occurring BCAA's & amino acids delivering a steady stream straight to your bloodstream giving you optimal energy and recovery.

100% WHEY COMPLEX makes it easy for you to meet your daily protein needs any time of the day, with a wide variety of flavours, featuring 25 grams of protein per serving, minimal carbohydrates, low in fat and lactose

AVAILABLE FLAVOURS

- CHOCOLATE
4LB
- SALTED CARAMEL
4LB
- STRAWBERRY BANANA
4LB
- VANILLA
4LB

Nutrition Facts / Valeur nutritive	
Per 1 Scoops (32.8 g) / pour 1 cuillerées (32.8 g)	
Servings per Container / Portions par récipient : 55.2	
1 Scoops (11 g) / 1 cuillerées (11 g)	
Calories	1234
Fat	2.5 g
Saturated Fat	1.5 g
Transfat	0 g
Carbohydrate	3 g
Sugar	2.5 g
Fiber	0 g
Protein	25 g
Cholesterol	250 g
Sodium	236 g
Potassium	14 g
Calcium	145 g
Iron	2.9 g

Ingredients / Ingrédients		
Per Serving Contains		
Amount / Quantité		
Whey concentrate	80%	29.7 g
Whey Protein Isolate	90%	1.1 g
Cocoa Powder		1.8 g
Natural and Artificial Flavour		0.250 mg
Salt		100 mg
Sucralose		80 mg
Acesulfame Potassium		75 mg

INGREDIENTS: Whey concentrate 80% (29.7g), Whey Protein Isolate 90% (1.1g), Cocoa Powder (1.8g), Natural and Artificial Flavours (.250mg), Sucralose (80mg), Salt (100mg), Acesulfame Potassium (75mg).

P R O L I N E



CLEAN

MUSCLE LEAN GAINER



CLEAN MUSCLE lean 2:1 carb to protein ratio uses only the highest quality ingredients will help you gain lean muscle without the fat because after all, the goal is to be big and lean, not big and fat. When looking for a clean gainer, less is more.


- **2:1 Carb to Protein Ratio**
- **1 Carb Source, 1 Protein Source, 1 Fat Source**


Quality Carb - NON GMO pea starch - a revolutionary low glycemic long lasting carb designed to optimally feed your muscles for maximum growth without the unwanted fat. Most gainers on the market use inferior carb sources to save cost and hide behind proprietary blends so you don't know what you're really paying for.


Quality Protein - Pure Whey protein concentrate 80% the gold standard of whey proteins. Easily digestible and quickly provides the building blocks to help you build muscle rapidly.


All PROLINE products deliver full disclosure of all ingredients and clinically proven doses so you know exactly what you're getting every time.

AVAILABLE FLAVOURS

 VANILLA
3.4 LB: 70019900370-6
6.8 LB: 70019900377-5

 STRAWBERRY BANANA
3.4 LB: 70019900372-0
6.8 LB: 70019900376-8

 CHOCOLATE
3.4 LB: 70019900371-3
6.8 LB: 70019900374-4

 SALTED CARAMEL
3.4 LB: 70019900373-7
6.8 LB: 70019900375-1

Nutrition Facts / Valeur nutritive

Per 3 Scoops (110 g) / pour 3 cuillerées (110 g)
Servings per Container / Portions par récipient : 14

	3 Scoops (110 g) / 3 cuillerées (110 g)	100 g
Calories	410	373
	% Daily Value* / % valeur quotidienne*	
Fat / Lipides 5.5 g [†]	7 %	5 g
Saturated / saturés 3 g [†]		3 g
+ Trans / trans 0 g [†]	15 %	0 g
Carbohydrate / Glucides 60 g [†]		55 g
Fibre / Fibres 0.5 g	2 %	0 g
Sugars / Sucres 3 g [†]	3 %	3 g
Protein / Protéines 30 g [†]		27 g
Cholesterol / Cholestérol 300 mg [†]	100 %	273 g
Sodium 284 mg [†]	12 %	259 g
Potassium 17 mg [†]	<1 %	15 g
Calcium 175 mg [†]	13 %	159 g
Iron / Fer 3.5 mg [†]	19 %	3 g

[†] Amount in 3 Scoops (110 g) / Teneur pour 3 cuillerées (110 g)

* 5% or less is a **little**, 15% or more is a **lot**

* 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

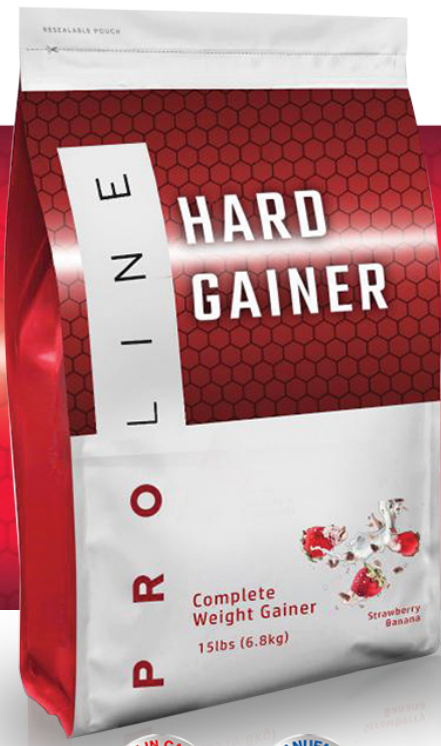
INGREDIENTS (PER SERVING): Pea Starch NON GMO (65 g), Cross Flow Micro Filtered Whey Protein Concentrate 80% (37.5 g), MCT Oil Powder (5 g), Natural and Artificial Flavours (1.9 g), Salt (200 mg), Sucralose (130 mg), Acesulfame Potassium (130 mg).

Contains: Milk by-products/derivatives.

INGREDIENTS (PAR PORTION): Amidon de pois NON OGM (65 g), Concentré de protéines de lactosérum micro-filtré à flux croisé 80% (37,5 g), Poudre d'huile MCT (5 g), Saveurs naturelles et artificielles (1,9 g), Sel (200mg), Sucralose (130 mg), Acésulfame Potassium (130 mg).

Contient : Sous-produits / dérivés du lait.

P R O L I N E



HARD GAINER

55g
PROTEIN

MASSIVE
1200+
CALORIES

LOW
IN SUGAR

HARD GAINER is a high protein, high calorie gainer packed with everything you need to quickly pack on the size.

A staggering 55 g of protein, 200 + g of carbs with only 6 g of sugar and 1200+ calories will keep you fueled to help any hard gainer add the muscle they are working for. **HARD GAINER** contains no added Amino's, No Creamers or fillers, only quality protein sources all while being ultra-low in sugar. This is the big Bag Gainer that doesn't cut any corners and delivers only the highest quality ingredients for your working muscles in a great tasting shake you will look forward to.

AVAILABLE FLAVOURS

- CHOCOLATE
5LB
15LB
- SALTED CARAMEL
5LB
15LB
- STRAWBERRY BANANA
5LB
15LB

Nutrition Facts / Valeur nutritive	
Per 3 Scoops (311.7 g) / pour 3 cuillerées (311.7 g)	
Servings per Container / Portions par récipient : 21.8	
3 Scoops (311.7 g) / 3 cuillerées (311.7 g)	
Calories	1234
Total Fat	10 g
Total Carbohydrate	231 g
Total Sugar	6 g
Total Fiber	1 g
Total Protein	55 g
Total Cholesterol	0 g
Total Sodium	519 g
Total Potassium	31 g
Total Calcium	320 g
Total Iron	6.4 g

Ingredients / Ingrédients		
Per Serving Contains		
Amount / Quantité		
Whey Protein Concentrate	80 %	65.5 g
Whey Protein Isolate	90 %	1.0 g
Instant Micellar Casein		1.0 g
Malto Dextrin		226.0 g
NON GMO Peach Starch		7.0 g
MCT Oil		1.0 g
Cocoa		6.2 g
Natural and Artificial Flavour		2.5 g
Sucralose		411 mg
Salt		690 mg
Acesulfame Potassium		411 mg

INGREDIENTS: Maltodextrin (226g), Whey Protein Concentrate 80 (65.5g), Whey Protein Isolate 90 (1g), Micellar Casein (1g), NON GMO Peach Starch (7g), Cocoa Powder (6.2g), MCT Oil (1g), Natural and Artificial Flavours (2.5g), Sucralose (411mg), Salt (690mg), Acesulfame Potassium (411mg).

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



VEGAN BCAA



PROLINE's 100% Natural Pharmaceutical Grade VEGAN sourced BCAA provides a 2:1:1 ratio of Branched Chain Amino Acids, L-Leucine, L-Valine and L-Isoleucine in each serving. Branched Chain Amino Acids are anti-catabolic building blocks that protect your muscles and ensure a positive nitrogen balance. Using instantized BCAA's ensures rapid solubility which means better absorption and faster transit times.

Medicinal Ingredients / Ingrédients Médicinaux




Serving Size: 1 Scoop (9.4 g) / Portion: 1 cuillerée (9.4 g)
 Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	per 1 Scoop (9.4 g) / par 1 cuillerée (9.4 g)	per 100g / par 100 g
Leucine / Leucine	3.0 g	32.0 g
Isoleucine / Isoleucine	1.5 g	16.0 g
Valine / Valine	1.5 g	16.0 g

NON-MEDICINAL INGREDIENTS: Glycine (1 g), Erythritol (1 g), Natural Flavours (760 mg), Stevia (300 mg), Citric Acid (220 mg), Monk Fruit (50 mg), Natural Beet Powder (for colour) (50 mg) .

INGRÉDIENTS NON MÉDICINAUX : Glycine (1 g), Érythritol (1 g), Arômes naturels (760 mg), Stevia (300 mg), Acide citrique (220 mg), Fruit de moine (50 mg), Poudre de betterave naturelle (couleur) (50 mg).

AVAILABLE FLAVOURS

-  VEGAN BCAA- ALL NATURAL BLACK CHERRY LIME (30 SERVINGS)
70019900416-1
-  VEGAN BCAA- ALL NATURAL FRUIT PUNCH (30 SERVINGS)
70019900417-8
-  VEGAN BCAA- ALL NATURAL POMEGRANATE/GREEN TEA (30 SERVINGS)
70019900418-5

P R O L I N E





BCAA STACK



Everything an athlete needs to replenish fluids, speed recovery and prevent muscle loss, loaded with 13 gr of all vegan sourced BCAA, Glutamine, Taurine, Glycine and electrolytes BCAA Stack is the premier recovery formula on the market today. With 5 amazing tasting flavors 2 with no artificial flavors sweeteners or colors we have got a flavor for every athlete from marathoners, bikers to the most seasoned bodybuilder.

AVAILABLE FLAVOURS

-  BCAA STACK GRAPE- (466G)
70019900416-1
-  BCAA STACK PEACH MANGO- (453G)
70019900464-2
-  BCAA STACK RASPBERRY LEMONADE- (464G)
70019900462-8
-  BCAA STACK NATURAL BLUE RASPBERRY- (500G)
70019900465-9
-  BCAA STACK NATURAL PASSION FRUIT GREEN TEA- (503G)
70019900466-6

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (16.8 g) / Portion: 1 cuillerée (16,8 g)
Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	per 1 Scoop (16.8 g) / par 1 cuillerée (16,8 g)	per 100g / par 100g
Leucine / Leucine	3.5 g	20.9 g
Isoleucine / Isoleucine	1.75 g	10.4 g
Valine / Valine	1.75 g	10.4 g
Fermented Glutamine / Glutamine Fermentée Végétalienne	2.5 g	14.9 g
Taurine / Taurine	2.0 g	11.9 g
Glycine / Glycine	1.5 g	8.9 g
Vitamin C (Calcium Ascorbate) / Vitamine C (Ascorbate de calcium)	500 mg	3.0 g
Sodium (from Himalayan Sea Salt) / Sodium (du sel marin de l'Himalaya)	220 mg	1.3 g
Potassium (Citrate) / Potassium (Citrate)	63 mg	400 mg
Calcium (Coral 35%/Citrate 22%) / Calcium (Coral 35%/Citrate 22%)	16 mg	100 mg
Magnesium (Oxide/Citrate 15%) / Magnésium (Oxide/citrate 15%)	8 mg	48 mg
Vitamin B1 (Thiamine Hydrochloride) / Vitamine B1 (Thiamine Hydrochloride)	3 mg	15 mg
Vitamin B2 (Riboflavin) / Vitamine B2 (Riboflavin)	3 mg	15 mg
Vitamin B3 (Niacinamide) / Vitamine B3 (Niacinamide)	3 mg	15 mg
Pantothenic Acid / Acide pantothenique	3 mg	15 mg
Vitamin B6 (Pyridoxine HCL) / Vitamine B6 (Chlorhydrate de pyridoxine)	3 mg	15 mg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthylcobalamin)	26 mcg	155 mcg

NON-MEDICINAL INGREDIENTS: Natural Flavours (1.2 g), Erythritol (1.0 g), Citric Acid (360 mg), Stevia Extract (250 mg), Natural Beet Powder (for colour) (60 mg)

INGRÉDIENTS NON MÉDICINAUX : Arômes naturels (1,2 g), Erythritol (1,0 g), Acide citrique (360 mg), Extrait de feuilles de stévia (250 mg), Poudre de betterave naturelle (couleur)(60 mg)

Recommended Use: Mix 1 scoop of BCAA STACK in 250ml to 300ml of cold water and shake for a few seconds, consume during training.

Utilisation recommandée : Mélanger 1 cuillerée de BCAA STACK dans 250 ml à 300 ml d'eau froide et agiter pendant quelques secondes, consommer pendant l'entraînement.

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



100% PURE GLUTAMINE



PROLINE's Pharmaceutical Grade 100% PURE GLUTAMINE™ is the most abundant amino acid in the body comprising more than 60% of the free amino acid pool in skeletal muscle & greater than 20% of total circulating amino acids. After training, you deplete your glutamine concentrations by 40% triggering muscle catabolism, Glutamine counteracts this & helps you repair muscle cells quickly & maintains optimal muscle function. L-Glutamine may help reduce muscle soreness & rebuild muscle tissue.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (5.0 g) / Portion: 1 cuillère (5,0 g)
Serving Per Container: 80 / Portions par contenant : 80

Amount / Quantité	per 1 Scoop (5.0 g) / par 1 cuillère (5,0 g)	per 100g / par 100 g
Vegan Fermented Glutamine	5.0 g	100.0 g

AVAILABLE FLAVOURS

100% PURE GLUTAMINE- UNFLAVOURED
400G: 70019900419-2

P R O L I N E





100% PURE CREATINE



PROLINE's 100% PURE CREATINE Monohydrate is micronized for greater solubility and to stay suspended in solution longer. Creatine Monohydrate is a naturally occurring metabolite found in muscle tissue. Creatine plays an essential role in energizing muscle tissue & enhancing athletic performance. Creatine Monohydrate also increases strength, endurance, and muscle mass.

Medicinal Ingredients / Ingrédients Médicinaux

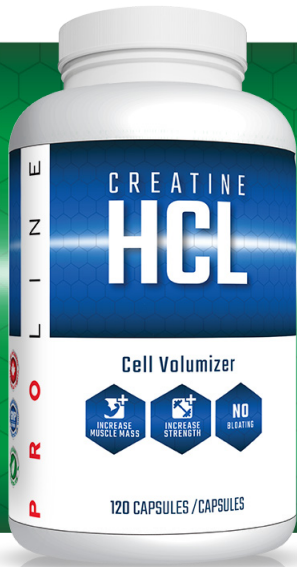
Serving Size: 1 Scoop (5.0 g) / Portion: 1 cuillerée (5,0 g)
Serving Per Container: 80 / Portions par contenant : 80

Amount / Quantité	per 1 Scoop (5.0 g) / par 1 cuillerée (5,0 g)	per 100g / par 100 g
Micronized Creatine Monohydrate	5.0 g	100.0 g

100% PURE CREATINE MONOHYDRATE
400 G: 70019900419-2

P R O L I N E





CREATINE HCL



PROLINE's CREATINE HCL™ is a highly concentrated form of creatine hydrochloride. CREATINE HCL is scientifically proven to help increase size, strength and power of the muscles by increasing their cell volumization. Experts consider the HCL form of creatine to be the most soluble, most bioavailable and most absorbent creatine on the market today. The benefit of taking CREATINE HCL is there's no loading phase, no cycling on and off, no bloating and no water retention. PROLINE's CREATINE HCL requires a much smaller dose because of its purity and quality.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (1.0 g) / Portion: 1 cuillère (1,0 g)

Servings Per Container: 120 / Portions par contenant : 120

Amount / Quantité	per 1 Scoop (1.0 g) / par 1 cuillère (1,0 g)	per 100g / par 100 g
Creatine HCL / Créatine HCL	1.0 g	100.0 g

AVAILABLE FLAVOURS



CREATINE HCL CAPSULES 120 CAPS
70019900423-0



CREATINE HCL- ALL NATURAL BLUE RASPBERRY
70019900424-6



CREATINE HCL- ALL NATURAL PEACH MANGO
70019900426-0



CREATINE HCL- UNFLAVORED
70019900427-7

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



ACTIVE MEN



ACTIVE MEN™ is a multivitamin and mineral support formulation specifically designed to meet the nutritional needs of men. This formula provides necessary nutritional support for the maintenance of good health, along with extra nutritional support for sustaining a workout, aiding endurance and recovery, or just for coping with the stress of modern living. Contains optimal levels of over 30 vitamins, minerals, enzymes and herbal extracts tailored formula to meet the specific needs of men Supports the immune and cardiovascular system Provides enhanced energy and endurance support Increases performance and overall vitality Easy-to-digest capsules.

ACTIVE MEN™ (90 CAPS)
70019900428-4

Medicinal Ingredients / Ingrédients Médicinaux	
Serving Size: 3 Capsules / Portion: 3 capsules	
Servings Per Container: 30 / Portions par contenant : 30	
Amount / Quantité	per serving / par portion
Beta Carotene / Beta Carotene	10,000 IU
Vitamin A (palmitate) / Vitamin A (palmitate)	5,000 IU
Vitamin D3 Cholecalciferol / Vitamin D3 Cholecalciferol	1,000 IU
Vitamin E (d-Alpha Tocopheryl) / Vitamin E (d-Alpha Tocopheryl)	150 IU
Vitamin C (calcium ascorbate) / Vitamin C (calcium ascorbate)	300 mg
Vitamin K2 (MK7) / Vitamin K2 (MK7)	75 mcg
Vitamin B-1 Thiamine Hydrochloride / Vitamin B-1 Thiamine Hydrochloride	30 mg
Vitamin B-2 Riboflavin / Vitamin B-2 Riboflavin	30 mg
Vitamin B-3 Niacin / Vitamin B-3 Niacin	30 mg
Vitamin B-6 Pyridoxine / Vitamin B-6 Pyridoxine	30 mg
Vitamin B-12 (methylcobalamin) / Vitamin B-12 (methylcobalamin)	200 mcg
Folic Acid 97% / Folic Acid 97%	1 mg
Biotin / Biotin	100 mcg
Pantothenic Acid / Pantothenic Acid	100 mg
Choline Bitartrate / Choline Bitartrate	50 mg
Inositol / Inositol	50 mg
Rutin / Rutin	50 mg
Hesperidin / Hesperidin	50 mg
Quercetin / Quercetin	50 mg
PABA / PABA	25 mg
Magnesium (oxide/citrate 15%) / Magnesium (oxide/citrate 15%)	100 mg
Calcium (Coral 35%/Citrate 22%) / Calcium (Coral 35%/Citrate 22%)	100 mg
Potassium (Amino Acid Chelate 18%) / Potassium (Amino Acid Chelate 18%)	50 mg
Zinc Citrate 32% / Zinc Citrate 32%	20 mg
Bamboo Silica 70% / Bamboo Silica 70%	15 mg
Iron Citrate 18% / Iron Citrate 18%	5 mg
Manganese 16% / Manganese 16%	5 mg
Boron Citrate 6% / Boron Citrate 6%	1 mg
Copper 10% / Copper 10%	1 mg
Iodine 1% / Iodine 1%	200 mcg
Chromium Picolinate / Chromium Picolinate	200 mcg
Selenium / Selenium	150 mcg
Molybdenum 2.5% / Molybdenum 2.5%	50 mcg
Bromelain 1000 GDU / Bromelain 1000 GDU	50 mg
Pineapple Powder /Pineapple Powder	25 mg
Papaya Powder / Papaya Powder	25 mg
Alfalfa Juice Powder / Alfalfa Juice Powder	100 mg
Panax Ginseng 10% /Panax Ginseng 10%	100 mg
Saw Palmetto Powder /Saw Palmetto Powder	50 mg

Non-Medicinal Ingredients: Magnesium Stearate (15 mg), Vegetable Cellulose (capsule),
Ingrédients non médicinaux : Stéarate de magnésium (15 mg), Cellulose végétale (capsule).

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION




INSTAGRAM.COM/PROLINENUTRITION



ACTIVE WOMEN



ACTIVE WOMAN™ is specifically tailored to meet the nutritional supplementation needs of women. This women's formula contains optimum levels of over 30 vitamins, minerals, enzymes, and herbal extracts in 3 easy to swallow vegetarian capsules per day. For the active woman and/or athlete, this formula offers extra nutritional support for sustaining a workout, aiding endurance and recovery, or just for a busy lifestyle.

 **ACTIVE WOMAN™ (90 CAPS)**
70019900429-1

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 3 Capsules / Portion: 3 capsules

Servings Per Container: 30 / Portions par contenant: 30

Amount / Quantité	per serving / par portion
Beta Carotene / Beta Carotene	10,000 IU
Vitamin A (palmitate) / Vitamin A (palmitate)	5,000 IU
Vitamin D3 Cholecalciferol / Vitamin D3 Cholecalciferol	1,000 IU
Vitamin E (d-Alpha Tocopheryl) / Vitamin E (d-Alpha Tocopheryl)	150 IU
Vitamin C (calcium ascorbate) / Vitamin C (calcium ascorbate)	300 mg
Vitamin K2 (MK7) / Vitamin K2 (MK7)	75 mcg
Vitamin B-1 Thiamine Hydrochloride / Vitamin B-1 Thiamine Hydrochloride	30 mg
Vitamin B-2 Riboflavin / Vitamin B-2 Riboflavin	30 mg
Vitamin B-3 Niacin / Vitamin B-3 Niacin	30 mg
Vitamin B-6 Pyridoxine / Vitamin B-6 Pyridoxine	30 mg
Vitamin B-12 (methylcobalamin) / Vitamin B-12 (methylcobalamin)	100 mcg
Folic Acid 97% / Folic Acid 97%	1 mg
Biotin / Biotin	200 mcg
Pantothenic Acid / Pantothenic Acid	100 mg
Choline Bitartrate / Choline Bitartrate	50 mg
Inositol / Inositol	50 mg
Rutin / Rutin	50 mg
Hesperidin / Hesperidin	50 mg
Quercetin / Quercetin	25 mg
PABA / PABA	25 mg
Magnesium (oxide/citrate 15%) / Magnesium (oxide/citrate 15%)	100 mg
Calcium (Coral 35%/Citrate 22%) / Calcium (Coral 35%/Citrate 22%)	100 mg
Potassium (Amino Acid Chelate 18%) / Potassium (Amino Acid Chelate 18%)	50 mg
Iron Citrate 18% / Iron Citrate 18%	18 mg
Zinc Citrate 32% / Zinc Citrate 32%	15 mg
Bamboo Silica 70% / Bamboo Silica 70%	15 mg
Manganese 16% / Manganese 16%	5 mg
Boron Citrate 6% / Boron Citrate 6%	1.5 mg
Copper 10% / Copper 10%	1 mg
Iodine 1% / Iodine 1%	200 mcg
Chromium Picolinate / Chromium Picolinate	200 mcg
Selenium / Selenium	150 mcg
Molybdenum 2.5% / Molybdenum 2.5%	450 mcg
Bromelain 1000 GDU / Bromelain 1000 GDU	50 mg
Pineapple Powder / Pineapple Powder	25 mg
Papaya Powder / Papaya Powder	25 mg
Alfalfa Juice Powder / Alfalfa Juice Powder	100 mg
Rhodiola Extract 3% / Rhodiola Extract 3%	100 mg

Non-Medicinal Ingredients: Magnesium Stearate (15 mg), Vegetable Cellulose (capsule).
Ingrédients non médicinaux: Stéarate de magnésium (15 mg), Cellulose végétale (capsule).

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



ALPHA ONE



Alpha One maximum strength testosterone booster is a science-based formula, clinically dosed pharmaceutical grade ingredients designed to increase the body's own testosterone production. **Alpha One** aids in blocking estrogen production, raises dopamine levels, by increasing the body's natural production of anabolic and androgenic hormones **Alpha One** will help stimulate lean muscle growth, improve strength, endurance, recovery and will increase libido and support sexual function.

AVAILABLE

ALPHA ONE CAPSULES 400CC (105 CAPS)
70019900330-0

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 5 Capsules / Portion: 5 capsules
Servings Per Container: 21 / Portions par contenant : 21

Amount / Quantité	Per serving (5 capsules) / par portion (5 capsules)
Bulbine Natalensis 10:1 / Bulbine Natalensis 10:1	750 mg
Muira Puama (5:1 Extract) / Muira Puama (5:1 extrait)	500 mg
Withania somnifera (Ashwaganda 5% Withanolides) / Withania somnifera (Ashwaganda 5% Withanolides)	400 mg
Epimedium sagittatum (40% Icarilin) / Epimedium sagittatum (40% Icarilin)	400 mg
Eurycoma longifolia (5:1 extract) / Eurycoma longifolia (5:1 extrait)	250 mg
Urtica Dioica / Urtica Dioica	250 mg
Pycnogenol / Pycnogenol	100 mg
Indole-3 Carbinol / Indole-3 Carbinol	100 mg
Vitamin D3 Cholecalciferol (2500IU) / Vitamine D3 Cholécalfcérol (2500IU)	63 mcg

Non-Medicinal Ingredients: Micro-crystalline cellulose (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Cellulose microcristalline (50 mg), Cellulose végétale (capsule).

Recommended Use: Take **ALPHA ONE** once per day with food.

Utilisation recommandée : Prenez **ALPHA ONE** une fois par jour avec de la nourriture.

Risk Information: Consult a health care practitioner prior to use if you are taking medications or if you have a liver disorder or symptoms of low estrogen. Do not use this product if you are pregnant or breastfeeding.

Informations sur les risques : Consulter un professionnel de la santé avant d'utiliser si vous souffrez de troubles rénaux ou si vous êtes enceinte ou allaitez.

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



TRIBULUS



TRIBULUS Terrestris is a naturally occurring herb found in Europe, and usually sourced from Bulgaria. Tribulus Terrestris is the closest and strongest all natural herbal alternative to synthetic anabolic hormones. This non-hormonal supplement is proven to increase testosterone levels in humans.

TRIBULUS Terrestris causes your body to release luteinizing hormone, which in turn then signals testicles in males, the ovary in females and the adrenal gland in both sexes, to naturally produce more testosterone. In males, testosterone is responsible for male characteristics, libido, regulating puberty, sperm production, metabolism and the growth of all body tissues including muscles. Testosterone promotes protein synthesis and positive nitrogen balance, which is beneficial for muscle cell growth and increased body strength, as well as faster recovery after a work out.

TRIBULUS leads to an increase in the production of natural levels of testosterone in the body. Tribulus has been shown in European studies to increase sperm count and help with impotence. Aside from sex drive, mood and self-confidence, testosterone maintains and builds muscle mass (thus the use of steroids, which is synthetic testosterone). Muscle in turn, burns fat and keeps the metabolism up, while maintaining lean body mass. The increased drive that testosterone brings, must be combined with weight training, which also raises testosterone, in order to gain serious muscle growth.

All **PROLINE** products deliver full disclosure of all ingredients and clinically proven doses so you know exactly what you're getting every time.


Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
 Servings Per Container / Portions par contenant : 120

Amount / Quantité	Per serving (1 capsule) / par portion (1 capsule)
Bulgarian Tribulus (Standardized to 45% saponins) / Tribulus bulgare (standardisé à 45% de saponines)	750 mg

NON-MEDICINAL INGREDIENTS: Micro-crystalline cellulose (250 mg), Vegetable Cellulose (capsule)

INGRÉDIENTS NON MÉDICINAUX : Cellulose micro-crystalline (250 mg), Cellulose végétale (capsule)

 BULGARIAN TRIBULUS (750MG CAPSULE 45% SAPONINS)
 70019900431-4

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



DYNAMINE



DYNAMINE™ (methylliberine) is a fast-acting, high-impact ingredient found in kucha tea, and is a chemical cousin of both caffeine and TeaCrine®. It is believed that Dynamine™ (alone or in combination with TeaCrine®) is able to activate the central nervous system, without negatively impacting the cardiovascular system.

After 20 years of limited innovation in energy products, Dynamine™ is poised to disrupt the energy category with its backed-by-science benefits and a growing list of toxicology, safety, and efficacy studies. Dynamine™ in combination with caffeine has been shown to improve energy, mood, alertness and focus.*

In a recently completed university study, caffeine exposure (area under the curve – AUC) and half-life increased when co-administered with Dynamine™. Remarkably, the combination of caffeine + Dynamine™ you can get a much longer-lasting energy boost than you would be using the same amount of caffeine alone.*

- GAMING
- GUT-BRAIN
- NOOTROPICS/ BIOHACKING
- PRE-WORKOUT RTD
- WEIGHT MANAGEMENTA

 DYNAMINE CAPSULE (100MG) CAPSULE (60 CAPS)
70019900469-7

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
Servings Per Container: 60 / Portions par contenant : 60

Amount / Quantité	Per serving / par portion
Methylliberine (as Dynamine™) / Méthylliberine (comme Dynamine™)	105 mg
Vitamin B-12 (Methylcobalamin) / Vitamine B-12 (Méthylcobalamine)	2 mcg

Non-Medicinal Ingredients: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of DYNAMINE™ daily.

Utilisation recommandée : Prendre une portion de DYNAMINE™ par jour.

Risk Information: Consult a health care practitioner prior to use if you have a kidney disorder or if you are pregnant or breast feeding. May result in weight gain.

Informations sur les risques : Consulter un professionnel de la santé avant d'utiliser si vous souffrez de troubles rénaux ou si vous êtes enceinte ou allaitez. Peut entraîner une prise de poids.

Dynamine™ is a trademark and protected by Patents Pending claiming priority to Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc.

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



HMB



PROLINE's HMB is a metabolite of the branch chain amino acid leucine. Well researched and safe to use, it has been shown to preserve muscle mass by minimizing protein breakdown, and damage to muscle cells after intense exercise. Also contributes to reduced body fat.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 4 Capsules / capsules

Servings Per Container / Portions par contenant : 30

Amount / Quantité	Per serving (4 capsules) / par portion (4 capsules)
B-Hydroxy B-Methylbutyrate / B-hydroxy B-méthylbutyrate	3000 mg

NON-MEDICINAL INGREDIENTS: Micro-crystalline cellulose (250 mg), Vegetable Cellulose (capsule)

INGRÉDIENTS NON MÉDICINAUX : Cellulose micro-crystalline (250 mg), Cellulose végétale (capsule)

HMB 750™ (120 CAPS)
70019900433-8

P R O L I N E

PROLINENUTRITION.CA

FACEBOOK.COM/PROLINENUTRITION

INSTAGRAM.COM/PROLINENUTRITION



LIVER REHAB



The liver is a major organ that is responsible for cleansing blood, protein synthesis, glycogen storage and maintaining a healthy metabolism.

The liver can be one of the easiest organs in the body to repair, if you give it the nutrients that it needs to do the job. **LIVER REHAB™** is a mix of the most clinically effective, scientifically proven nutraceuticals and herbal extracts, all proven to clean, detoxify and rebuild a weakened or damaged liver and get it back to functioning optimally again.

 LIVER REHAB™ - LIVER DETOXIFICATION SYSTEM (90 CAPS)
70019900435-2

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 3 Capsules / Portion: 3 capsules
Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving (3 capsules) / par portion (3 capsules)
Schisandra Berries (2% Schisandrins) / Schisandra Berries (2% Schisandrins)	400 mg
N-Acetyl L-Cysteine / N-Acetyl L-Cysteine	250 mg
Apple Pectin / Apple Pectin	250 mg
Astragalus 4:1 Extract / Astragalus 4:1 Extract	250 mg
Milk Thistle 80% Silymarin / Milk Thistle 80% Silymarin	150 mg
Turmeric Ext 95% Curcuminoids / Turmeric Ext 95% Curcuminoids	150 mg
L-Taurine / L-Taurine	150 mg
Choline Bitartrate / Choline Bitartrate	150 mg
Inositol / Inositol	150 mg
L-Methionine / L-Methionine	150 mg
Calcium D-Glucarate / Calcium D-Glucarate	100 mg
Dandelion Root 4:1 Extract / Dandelion Root 4:1 Extract	100 mg
Bromelain 1000 GDU / Bromelain 1000 GDU	75 mg
R(+)-lipoic acid (sodium salt) / R(+)-lipoic acid (sodium salt)	50 mg
Selenium / Selenium	3 mg

NON-MEDICINAL INGREDIENTS: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

INGRÉDIENTS NON MÉDICINAUX : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



TEACRINE



TeaCrine® is a patented, nature-identical compound naturally found in the kucha tea leaf. TeaCrine® has been shown to deliver energy, mental clarity, and improved motivation and mood without the crash, jitters or habituation. Caffeine and TeaCrine® are complementary.

TeaCrine®'s unique ability to enhance cognitive and physical performance in one safe, non-habituating ingredient has been validated in six separate human clinical trials.

DATA SHOW SIGNIFICANT IMPROVEMENTS IN MANY PARAMETERS INCLUDING:

- INCREASE IN ENERGY WITHOUT JITTERS, IRRITABILITY OR HABITUATION
- INCREASE IN MOTIVATION TO ACCOMPLISH TASKS
- DECREASE IN FEELINGS OF FATIGUE
- INCREASE IN MENTAL ENERGY

APPLICATIONS:

- PRE-WORKOUT
- NOOTROPICS/BIOHACKING
- GAMING
- GUT-BRAIN
- GUT-MUSCLE
- WEIGHT MANAGEMENT

TEACRINE (200MG) CAPSULE (30 CAPS)
70019900468-0

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving / par portion
Theacrine (as TeaCrine®) / Theacrine (comme TeaCrine®)	200 mg
Vitamin B-12 (Methylcobalamin) / Vitamine B-12 (Méthylcobalamine)	3 mcg

Non-Medicinal Ingredients: Magnesium Stearate (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Stéarate de magnésium (50 mg), Cellulose végétale (capsule).

Recommended Use: Take 1 capsule of **TEACRINE®** daily.

Utilisation recommandée : Prendre une portion de **TEACRINE®** par jour.

Risk Information: Consult a health care practitioner prior to use if you have a kidney disorder or if you are pregnant or breast feeding. May result in weight gain.

Informations sur les risques : Consulter un professionnel de la santé avant d'utiliser si vous souffrez de troubles rénaux ou si vous êtes enceinte ou allaitez. Peut entraîner une prise de poids.

TeaCrine® is a registered trademark and protected by U.S. Patents 10,272,091 and 10,398,701 under exclusive global distribution by Compound Solutions, Inc.

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



VITA PAKS



PROLINE VITA-PACKS™ for MEN is designed to provide complete nutrition for men. **VITA-PACKS™** for MEN is your daily vitamins and nutrients in one convenient pack that can fit in your pocket. Each bottle of Vita Packs™ for Men contains:

- + 30 individually sealed packs for your everyday convenience
- + Each pack includes 8 easy to swallow capsules
- + Full Spectrum of Multi-Minerals
- + Omega 3 Essential Fatty Acids
- + Greens Super Food Complex
- + High-Potency Vitamin B Complex
- + Vitamin C Complex with Bioflavonoids

Each bottle of **VITA PACK™** contains 30 individually sealed packs that contain 7 high potency capsules for your everyday convenience. Each pack contains essential fatty acids, a multivitamin complex, an antioxidant complex, mineral complex, vitamin E complex and a fitness complex specially designed for women.

VITA-PAK FOR MEN (30 PACKS)
70019900437-6

Medicinal Ingredients / Ingrédients Médicinaux

Servings Per Container: 30 packets / Portion par contenant : 30 sachets

MultiVitamin Complex / Complexe multivitaminé	
Serving Size: 1 Capsule / Portion: 1 capsule	
Amount / Quantité	per serving / par portion
Vitamin A (Palmitate) / Vitamine A (Palmitate)	5000 IU
Beta Carotene (Natural) / Bêta-carotène (Naturel)	10000 IU
Vitamin D (Cholecalciferol) / Vitamine D (Cholecalciférol)	400 IU
Vitamin E (Succinate) / Vitamine E (Succinate)	400 IU
Folic Acid / Acide folique	1 mg
Vitamin B-1 (Thiamine HCl) / Vitamine B-1 (Thiamine HCl)	40 mg
Vitamin B-2 (Riboflavin) / Vitamine B-2 (Riboflavine)	40 mg
Vitamin B-3 (Nicotinamide) / Vitamine B-3 (Nicotinamide)	40 mg
Vitamin B-6 (Pyridoxine HCl) / Vitamine B-6 (Pyridoxine HCl)	40 mg
Vitamin B-12 (Methylcobalamin) / Vitamine B-12 (Méthylcobalamine)	200 mcg
Biotin / Biotine	300 mcg
Pantothenic Acid / Acide pantothénique	100 mg
PABA / PABA	50 mg

Vitamin C / Vitamine C	
Serving Size: 1 Capsule / Portion: 1 capsule	
Amount / Quantité	per serving / par portion
Vitamin C (Calcium Ascorbate) / Vitamine C (Ascorbate de calcium)	1000 mg

Essential Fatty Acid Complex / Complexe d'acide gras essentiel	
Serving Size: 1 Soft gel / Portion: 1 capsule molle	
Amount / Quantité	per serving / par portion
Mixed Fish Oil (180 EPA/120 DHA) / Huile de poisson mélangée (180 EPA/120 DHA)	1000 mg

Mineral Complex / Complexe minéral	
Serving Size: 3 Capsules / Portion: 3 capsules	
Amount / Quantité	per serving / par portion
Calcium (Coral 35%/Citrate 22%) / Calcium (Corail 35%/Citrate 22%)	900 mg
Magnesium (Oxide/citrate 15%) / Magnésium (Oxide/citrate 15%)	900 mg
Iodine (Potassium) / Iode (Potassium)	600 mcg
Zinc (Citrate) / Zinc (Citrate)	60 mg
Copper (Amino Acid Chelate) / Cuivre (Chélate d'acide aminé)	3 mg
Manganese (Amino Acid Chelate) / Manganèse (Chélate d'acide aminé)	15 mg
Chromium (Chromate™) / Chrome (Chromate™)	600 mcg
Potassium (Citrate) / Potassium (Citrate)	297 mg
Selenium (Seleno Excell™) / Sélénium (Sélénio Excell™)	600 mcg
Molybdenum (Amino Acid Chelate) / Molybdène (Chélate d'acide aminé)	300 mcg
Boron (Citrate 6%) / Bore (Citrate 6%)	3 mg
Vanadium (Citrate) / Vanadium (Citrate)	600 mcg

NutriBlend For Men / Mélange nutritif pour hommes	
Serving Size: 2 Capsules / Portion: 2 capsules	
Amount / Quantité	per serving / par portion
Citrus Bioflavonoids / Bioflavonoïdes d'agrumes	200 mg
Rutin / Rutine	200 mg
Siberian Ginseng 4:1 / Ginseng sibérien 4:1	200 mg
Kelp / Varech	600 mg
Spirulina / Spiruline	400 mg
Saw Palmetto Extract / Extrait de palmier scie	160 mg
Choline Bitartrate / Bitartrate de choline	500 mg
Inositol / Inositol	200 mg
Betaine HCL / Bétaine HCL	100 mg

PROLINE



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



VITA PAKS



PROLINE, VITA-PACKS™ for WOMEN are designed to provide overall health and nutrition for women's needs and helps to support the following:

- + ADRENAL SUPPORT
- + BLOOD SUGAR REGULATION
- + BONES & TEETH
- + BREAST HEALTH
- + HAIR, SKIN & NAILS
- + HEART & CIRCULATION
- + IMMUNE FUNCTION
- + VISION & EYE HEALTH

Each bottle of Vita Pack™ contains 30 individually sealed packs that contain 7 high potency capsules for your everyday convenience. Each pack contains essential fatty acids, a multivitamin complex, an antioxidant complex, mineral complex, vitamin E complex and a fitness complex specially designed for women.

VITA-PAK FOR WOMEN (30 PACKS)
70019900438-3

Fitness Complex / Complexe santé physique	
Serving Size: 1 Capsule / Portion: 1 capsule	
Amount / Quantité	per serving / par portion
Opti MSM™ / Opti MSM™	500mg
Astragalus: 4:1 Extract / Astragale: Extrait 4:1	225 mg
Ashwaganda: 2.5% Withanolides (Sensori™) / Ashwaganda: 2.5% Withanolides (Sensori™)	225 mg
Essential Fatty Acid / Complexe d'acide gras essentiel	
Serving Size: 1 Soft Gel / Portion: 1 capsule molle	
Amount / Quantité	per serving / par portion
Evening Primrose Oil (10% GLA) / Huile de primevères (10% GLA)	1000 mg
Antioxidant Complex / Complexe antioxydant	
Serving Size: 1 Capsule / Portion: 1 capsule	
Amount / Quantité	per serving / par portion
Vitamin C (Calcium Ascorbate) / Vitamine C (Ascorbate de calcium)	500 mg
Rosehip Seed Extract 4:1 / Extrait de graine de cynorrhodon 4:1	100 mg
Hesperidin / Hespéridine	100 mg
Grape Seed Extract 95% / Extrait de pépin de raisin 95%	50 mg
Bilberry 5:1 Extract / Extrait de myrtille 5:1	25 mg
Cranberry 4:1 Extract / Extrait de canneberge 4:1	75 mg
Mineral Complex / Complexe minéral	
Serving Size: 2 Capsules / Portion: 2 capsules	
Amount / Quantité	per serving / par portion
Calcium (Coral 35%/Citrate 22%) / Calcium (Coral/Citrate)	500 mg
Magnesium (oxide/citrate 15%) / Magnésium (Oxyde/citrate 15%)	500 mg
Boron (Citrate) / Bore (Citrate)	4 mg
Zinc (Citrate) / Zinc (Citrate)	30 mg
Manganese (Albion Chelate™) / Manganèse (Albion Chelate™)	10 mg
Potassium (Albion Chelate™) / Potassium (Albion Chelate™)	100 mg
Copper (Albion Chelate™) / Cuivre (Albion Chelate™)	2 mg
Chromium GTF (ChroMate™) / Chrome GTF (ChroMate™)	300 mcg
Molybdenum (Albion Chelate™) / Molybdène (Albion Chelate™)	30 mcg
Vitamin E Complex / Complexe vitamine E	
Serving Size: 1 Capsule / Portion: 1 capsule	
Amount / Quantité	per serving / par portion
Vitamin E (Succinate) / Vitamine E (Succinate)	400 IU
Calcium D Glucarate / D-Glucarate de calcium	150 mg
Selenium (SelenoExcell™) / Sélénium (SelenoExcell™)	150 mcg
Lutein 10% from Marigold Flowers / Lutéine 10% de fleur de souci	5 mg
Hawthorn: 4:1 Extract / Extrait d'aubépine 4:1	150 mg
Rhodiola Extract (1% salidroside) / Extrait de rhodiola (1% salidroside)	100 mg

PROLINE



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



ZMA



PROLINE's ZMA™ is an all-natural anabolic mineral formula containing highly bioavailable forms of Zinc, Magnesium and Vitamin B6 which are needed to replenish your body after each workout. ZMA is clinically proven to increase free testosterone levels and support the increase of lean muscle growth.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 3 Capsules / capsules
 Servings Per Container / Portions par contenant : 30

Amount / Quantité	Per serving (3 capsules) / par portion (3 capsules)
Magnesium Aspartate / Aspartate de magnésium	450 mg
Zinc Aspartate / Aspartate de zinc	30 mg
Vitamin B6 (Pyridoxine HCL) / Vitamine B6 (Pyridoxine HCL)	10 mg

NON-MEDICINAL INGREDIENTS: Micro-crystalline cellulose (250 mg), Vegetable Cellulose (capsule)

INGRÉDIENTS NON MÉDICINAUX : Cellulose micro-crystalline (250 mg), Cellulose végétale (capsule)

ZMA 90 CAPS
 70019900439-0

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



AMMO

PRE-WORKOUT SHOT



AMMO is the first pre-workout shot, AMMO is designed to improve all areas of physical performance by not only increasing strength and endurance, but by creating the perfect connection between the mind and the body instantly.

- Concentrated Formula
- Peak ATP 450mg
- 1.5 gr Agmatine Sulfate

AMMO is designed to be consumed as a shot to avoid the discomfort of being bloated during a workout, as well as providing better absorption. This ends with AMMO, no more dry scooping, coughing up powder or suffering through trying to choke down your pre-workout. You maybe consuming litres of water between your pre-workout, your intra-workout and your post workout drink leaving you bloated, bogged down and in gastric distress, this hurts your performance and slows your recovery.

All PROLINE products deliver full disclosure of all ingredients and clinically proven doses so you know exactly what you're getting every time.

AVAILABLE FLAVOURS

- JELLO SHOT (20 SERVING)
70019900379-9
- ALL NATURAL PINK STARBURST (20 SERVING)
70019900449-9
- BLUE KAMIKAZE (20 SERVING)
70019900378-2

Medicinal Ingredients / Ingrédients médicinaux

Serving Size: 1 Scoop (11.1 g) / Portion: 1 cuillerée (11,1 g)
Servings Per Container: 20 / Portions par contenant : 20

Amount / Quantité	per 1 Scoop (11.1 g) / par 1 cuillerée (11,1 g)	per 100g / par 100 g
Taurine / Taurine	3.0 g	27.07 g
Betaine / Bétaine	2.0 g	18.05 g
Agmatine Sulfate / Sulfate d'agmatine	1.5 g	13.54 g
Glycine / Glycine	1.0 g	9.02 g
Noble orchid (Dendrobium nobile Stem) / Orchidée noble (Tige de Dendrobium nobile)	600 mg	5.41 g
L-alpha-GPC (Choline alfoscerate) / L-alpha-GPC (Alfoscérate de choline)	600 mg	5.41 g
Peak ATP™ (Adenosine triphosphate disodium) / Peak ATP™ (Adénosine triphosphate disodium)	450 mg	4.06 g
Theobroma cacao Seed (10% Theobromine) / Graine de Theobroma cacao (10% Théobromine)	300 mg	2.71 g
Caffeine / Caféine	200 mg	1.80 g
L-Theanine / L-théanine	100 mg	0.90 g
Maritime pine 10:1 Extract (Pinus pinaster Aged bark) (95% Oligomeric procyanidins, QCE 1000 mg) / Extrait de Pin maritime 10:1 (écorce vieillie de Pinus pinaster) (95% Procyanidines oligomériques QBE 1000 mg)	100 mg	0.90 g
Vitamin B3 (Niacinamide) / Vitamine B3 (Niacinamide)	5 mg	45 mg
Vitamin B6 (Pyridoxine HCL) / Vitamine B6 (Chlorhydrate de pyridoxine)	5 mg	45 mg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthylocobalamine)	0.5 mg	5 mg

Non-Medicinal Ingredients : Natural and Artificial Flavours (400 mg), Acesulfame Potassium (150 mg), Sucralose (120 mg), Beta Carotene (for colour) (100 mg), Citric Acid (100 mg), Calcium Silicate (100 mg), Silicon Dioxide (50 mg)
Ingrédients non médicinaux : Arômes naturels et artificiels (400 mg), Acésulfame potassium (150 mg), Sucralose (120 mg), Bêta-carotène (couleur) (100 mg), Acide citrique (100 mg), Silicate de calcium (100 mg), Dioxyde de silicium(50 mg)

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



RUSH

PRE-WORKOUT







Dominate every workout with **RUSH** concentrated pre workout. Explosive energy and focus to take your training to the next level. Whether you are a beginner, or a professional athlete **RUSH** can help you unlock your full potential.

• Increase Endurance

This high performance formula is packed with the newest top researched ingredients available. With many of them backed by clinical studies showing increases in energy, strength and heightened focus. **RUSH** contains NO2 Pump technology designed to maximize nitric oxide in your muscles allowing for better muscle pump and endurance. This pre-workout provides everything you need to ensure each training session with **RUSH** is going to get you another step closer to reach all your fitness goals along with a refreshing delicious taste.

All **PROLINE** products deliver full disclosure of all ingredients and clinically proven doses so you know exactly what you're getting every time.

AVAILABLE FLAVOURS

-  RASPBERRY LEMONADE (30 SERVING)
70019900380-5
-  GRAPE (30 SERVING)
70019900381 -2
-  FRUIT PUNCH (30 SERVING)
70019900382-9
-  PEACH MANGO (30 SERVING)
70019900383-6

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (6.6 g) / Portion: 1 cuillerée (6,6 g)
Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	per 1 Scoop (6.6 g) / par 1 cuillerée (6,6 g)	per 100g / par 100 g
Beta-Alanine / Bêta-alanine	1.6 g	24.1 g
L-Citrulline Malate 2:1 (Citrulline 667mg) / Malate de citrulline (Citrulline 667mg)	1.0 g	15.1 g
L-Arginine Alpha-Ketoglutarate 2:1 (L-Arginine 667 mg) / Alpha-cétoglutarate de L-arginine 2:1 (L-arginine 667 mg)	1.0 g	15.1 g
Taurine / Taurine	1.0 g	15.1 g
Caffeine / Caféine	300 mg	4.5 g
Theobroma Cacao Seed (10% Theobromine) / Graine de Theobroma Cacao (10 % Theobromine)	150 mg	2.3 g
N-Acetyl L-Tyrosine / N-acétyl-L-Tyrosine	100 mg	1500 mg
L-Theanine / L-théanine	100 mg	1500 mg
Vitamin B3 (Niacinamide) / Vitamine B3 (Niacinamide)	5 mg	75 mg
Vitamin B6 (Pyridoxine HCL) / Vitamine B6 (Chlorhydrate de pyridoxine)	5 mg	75 mg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthylcobalamine)	500 mcg	8 mg
Huperzine A / Huperzine A	200 mcg	3 mg

Non-Medicinal Ingredients: Natural and Artificial Flavours (550 mg), Citric Acid (500 mg), Sucralose (125 mg), Acesulfame Potassium (90 mg), Natural Beet Powder (for colour) (50 mg), Calcium Silicate (50 mg)

Ingrédients non médicinaux : Arômes naturels et artificiels (550 mg), Acide citrique (500 mg), Sucralose (125 mg), Acésulfame potassium (90 mg), Poudre de betterave naturelle (couleur) (50 mg), Silicate de calcium (50 mg)

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



CLA 1000



PROLINE's CLA 1000™ has shown to accelerate metabolism and reduce the amount of fat stored throughout the body, thus stimulating fat loss. CLA encourages the body to produce energy by burning fat. CLA 1000 has strong antioxidant and anti-inflammatory benefits. CLA 1000 helps to improve immune function and reduce bad cholesterol levels.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size / Portion : 1 Capsule / capsule
Servings Per Container / Portions par contenant : 90

Amount / Quantité	Per serving (1 capsule) / par portion (1 capsule)
CLA (95% Active Isomers, 50:50 Isomer Blend (Cis-9, trans-11, Isomer:trans 10, Cis-12 Isomer) / ALC (Isomères actifs 95%, mélange isomère 50:50 (cis-9, trans-11, isomère : trans 10, isomère cis-12)	1000 mg

NON-MEDICINAL INGREDIENTS: Gelatin, Glycerin, Purified water (soft get capsule)
INGRÉDIENTS NON MÉDICINAUX : Gélatine, glycérine, eau purifiée (capsule molle)

CLA 1000™ (95% CLA) 90 SOFT GELS
70019900440-6

P R O L I N E





L-CARNITINE



PROLINE's L-CARNITINE capsules, are made with 100% Pure Pharmaceutical Grade L-Carnitine Tartrate and Acetyl L-Carnitine. L-Carnitine Tartrate is rapidly absorbed and assists in reducing muscle fatigue and weight loss while Acetyl-L Carnitine readily crosses the blood-brain barrier and assists in mental alertness and weight loss. Together our Acetyl L-Carnitine and L-Carnitine Tartrate formula is the perfect one two punch in helping you burn more body, increasing athletic and mental performance.

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Capsule / Portion: 1 capsule
 Servings Per Container: 120 / Portions par contenant : 120

Amount / Quantité	per serving / par portion
L-Carnitine Tartrate	375 mg
Acetyl L-Carnitine	375 mg

Non-Medicinal Ingredients: Magnesium Stearate (15 mg), Vegetable Cellulose (capsule).
Ingrédients non médicinaux : Stéarate de magnésium (15 mg), Cellulose végétale (capsule).

ADVANCED L-CARNITINE 750MG CAPSULE (120 CAPS)
 70019900441-3

P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



CARNITINE BURN



PROLINE CARNITINE BURN™ is a refreshing L-Carnitine drink that effectively boosts energy levels and supports body fat reduction by assisting the body to release stored body fat and burning it as fuel.

L-Carnitine works by transporting fatty acids from food into the mitochondria of the cell where they are converted into energy. This allows you to burn fat during workouts, and will help to prevent muscle failure, fatigue. Green Coffee Bean and Green Tea serve as a natural, safe weight-loss agent and antioxidant, while working to promote an alert, focused mental state without the jitters. Grains of paradise is a natural fat burner which has been shown to help burn fat, reduce a person's appetite and boost their metabolism. Capsaicin can help speed up metabolism and reduce fat tissue, as well as suppressing appetite, while Chromium Picolinate can help improve insulin resistance and help regulate blood glucose levels.

AVAILABLE FLAVOURS



CARNITINE BURN™ CAPSULES (90 CAPS)
70019900447-5



CARNITINE BURN™ - BLACK CHERRY LIME (30 SERVING)
70019900442-0



CARNITINE BURN™ - FRUIT PUNCH (30 SERVING)
70019900443-7



CARNITINE BURN™ - PEACH/MANGO (30 SERVING)
70019900444-4

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 1 Scoop (4.1 g) / Portion: 1 cuillerée (4,1 g)
Servings Per Container: 30 / Portions per container: 30

Amount / Quantité	per 1 Scoop (4.1 g) / par 1 cuillerée (4,1 g)	per 100g / par 100 g
L-Carnitine Tartrate / Tartrate de L-Carnitine	1 g	24.3 g
Acetyl L-Carnitine / Acétyle L-Carnitine	1 g	24.3 g
Green Coffee Bean (50% chlorogenic acid) / Grain de café vert (50% acide chlorogénique)	300 mg	7.3 g
Green tea (10% Caffeine) / Thé vert (10% caféine)	150 mg	3.7 g
Aframol® - Aframomum Melegueta (Grains of Paradise) / Aframol® - Aframomum Melegueta (Graines de paradis)	15 mg	365 mg
Capsaicin (Black Pepper Extract) / Capsicine (Extrait de poivre noir)	2.6 mg	62 mg
Chromium Picolinate / Picolinate de chrome	200 mcg	1 mg

Non-Medicinal Ingredients: Natural Flavours (525 mg), Citric Acid (280 mg), Stevia (135 mg), Calcium Silicate (100 mg), Natural Blueberry Powder (for colour) (50 mg), Erythritol (50 mg), Silicon Dioxide (50 mg)

Ingrédients non médicinaux: Arômes naturels (525 mg), Acide citrique (280 mg), Extrait de feuilles de stévia (135 mg), Silicate de calcium (100 mg), Poudre de bleuberry naturelle (couleur) (50 mg), Erythritol (50 mg), Dioxyde de silicium (50 mg)

Recommended Use: Mix 1 scoop of **CARNITINE BURN NATURAL** in 200ml to 250ml of cold water and shake for a few seconds. Take 1 serving per day 30 minutes prior to training, on non-training days take 1 serving per day on an empty stomach. During your workout, it is recommended that you drink plenty of water or performance beverage such as **PROLINE BCAA Stack** or **Vegan BCAA**.

Utilisation recommandée: Mélanger 1 cuillerée de **CARNITINE BURN NATURAL** dans 200 ml à 250 ml d'eau froide et agiter pendant quelques secondes. Prendre une portion par jour 30 minutes avant l'entraînement. Les jours sans entraînement prendre une portion par jour avec l'estomac vide. Durant votre entraînement, il est recommandé de boire abondamment d'eau ou breuvage qui aide à la performance, tel que le **PROLINE BCAA Stack** ou **Vegan BCAA**.

P R O L I N E



PROLINENUTRITION.CA



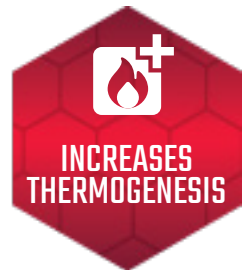
FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION



IGNITE



Ignite is setting the new standard for fat burners. It's perfectly balanced formula targets fat and assists you achieve the lean physique you have always wanted. Energy, Mood, increased thermogenesis, optimize insulin sensitivity, and freeing stored body fat, Ignite covers all every category. Whether you are a beginner looking to get a jump start to bikini season or a seasoned professional competing at the highest level **Ignite** has you covered. Simply the strongest formula available Ignites concentrated, clinically dosed formula is especially designed to give you rapid fat incinerating you demand.

AVAILABLE

 **IGNITE CAPSULES 400CC (90 CAPS)**
70019900467-3

Medicinal Ingredients / Ingrédients Médicinaux

Serving Size: 3 Capsules / Portion: 3 capsules

Servings Per Container: 30 / Portions par contenant : 30

Amount / Quantité	Per serving (3 capsules) / par portion (3 capsules)
Noble orchid (Dendrobium nobile Stem) / Orchidée noble (Tige de Dendrobium nobile)	600 mg
Caffeine / Caféine	350 mg
Green Coffee Bean (50% chlorogenic acid) / Grain de café vert (50% acide chlorogénique)	300 mg
Green tea (10% Caffeine) / Thé vert (10% caféine)	300 mg
Gymnema Sylvestre (75% Gymnemic Acid) / Gymnema Sylvestre (75% d'acide gymnémique)	300 mg
L-Theanine / L-théanine	200 mg
GBBG [®] - Gamma-Butyrobetaine Hydrochloride / Chlorhydrate de gamma-butyrobétaine	90 mg
CaloriBurn [®] - Aframomum Melegueta (Grains of Paradise) / CaloriBurn [®] - Aframomum Melegueta (Graines de paradis)	60 mg
Capsasin (black pepper extract) / Capsicine (Extrait de poivre noir)	8 mg
Chromium Picolinate / Picolinate de chrome	300 mcg

Non-Medicinal Ingredients: Micro-crystalline cellulose (50 mg), Vegetable Cellulose (capsule).

Ingrédients non médicinaux : Cellulose micro-crystalline (50 mg), Cellulose végétale (capsule).

Recommended Use: Take **IGNITE** the morning or prior to training. New Athletes take one capsule per day to test tolerance. Experienced athletes take 2 capsules per day, Professional Athletes take 3 capsules per day.

Utilisation recommandée : Prenez **IGNITE** le matin ou avant l'entraînement. Les nouveaux athlètes prennent une capsule par jour pour tester la tolérance. Les athlètes expérimentés prennent 2 capsules par jour, les athlètes professionnels prennent 3 capsules par jour.

Risk Information: Consult a health care practitioner prior to use if you have a kidney disorder, high blood pressure or if you are pregnant or breast feeding.

Informations sur les risques : Consulter un professionnel de la santé avant d'utiliser si vous souffrez de troubles rénaux ou si vous êtes enceinte ou allaitez.

CALORIBURN[®] CaloriBurn GP[®] is a registered trademark of NNB Nutrition



P R O L I N E



PROLINENUTRITION.CA



FACEBOOK.COM/PROLINENUTRITION



INSTAGRAM.COM/PROLINENUTRITION