



# Get Stronger Live Longer

## Core Fitness Products for All Stages of Life

To be fit for life takes dedication and determination. It also takes optimal nutrition provided by a wellbalanced daily diet and quality nutritional supplements. All Prairie Naturals Sport products are based on scientific evidence and research. They are formulated to help generate the energy, strength and focus you need to be fit for life - whatever your age. In combination with a healthy lifestyle, Prairie Naturals Sport products help you Live the Healthy Life!

prairie**naturals**<sup>®</sup>  
**sport**

# L-glutamine

**Gluten Free • Non GMO**

Power Up with L-Glutamine

The sad fact is that as we age, we lose muscle and increase fat. L-Glutamine can help prevent that! L-Glutamine is the most abundant amino acid in the body. It is involved in many metabolic processes and is essential to muscle growth while also helping to reduce the rate of muscle breakdown. This key amino acid improves glycogen synthesis and increases muscle glycogen stores that lead to increased muscle energy.

## 100 Pure & Fermented

- Pharmaceutical grade
- Micronized free form

### Medicinal Ingredients

Each teaspoon (5g) contains:

L-Glutamine.....500mg

- Pharmaceutical grade
- Micronized free form

### Medicinal Ingredients

Each capsule contains:

Biologically active L-Glutamine .....500 mg



# Zipfuel

## Energy Drink Powder

Have the Energy You Want. When You Want It. UnZip your Energy Source with Zipfuel™ Everyone knows that a lack of energy is the greatest limiting factor for fully enjoying an active life. And as we get older, energy is increasingly valuable. Whether we want it for walking upstairs or skiing down a mountain, having the energy we want - when we want it - is a wonderful thing.

### Medicinal Ingredients

Each 7.5 g serving contains

Creatine monohydrate .....1200 mg  
Creatine alpha-ketoglutarate ..... 650 mg  
Tricreatine malate ..... 650 mg



**pH Balanced  
Buffered Creatine Powder  
Citrus Mango Flavour  
Wildberry Burst Flavour  
Available in 300 g powder  
& 7.5 g packets**

# BCAAfuel

## Boost Your Workout Results!

Every athlete and sports competitor has heard about the value of adding BCAAs (Branched Chain Amino Acids) to their nutritional program. These three essential branched chain amino acids - leucine, isoleucine, and valine – should be included in all sports nutrition programs because they are metabolized directly as “muscle fuel” and prevent the body’s catabolization (breaking down) of lean muscle. BCAAs not only help to retain hard-earned muscle growth, they also reduce fatigue during weight-training and endurance sports so you can work longer and harder. In addition to improved exercise performance and reduced muscle soreness, researchers recently concluded that those with the highest intake of BCAAs are less likely to be overweight or obese. PrairieNaturals Sport BCAAs are made with 100% pure highgrade branched chain amino acids for rapid distribution into muscle tissue. Feel the difference these natural performance enhancers can make for people of all ages and fitness levels!

### Medicinal Ingredients

Each scoop contains:

L-Leucine.....	2400 mg
L-Isoleucine .....	1200 mg
L-Valine .....	1200 mg
L-Glutamine .....	1000 mg
L-Citrulline .....	500 mg
Sodium bicarbonate.....	175 mg
Potassium (potassium bicarbonate) .....	136.5 mg
Magnesium (magnesium carbonate).....	38.56 mg

## Natural Lemon-Lime Flavour

Give your workouts a blast of natural anabolic muscle power with Prairie Naturals Sport pH balanced BCAAfuel! Loaded with branched chain amino acids (Leucine, Isoleucine, Valine) BCAAfuel builds and repairs lean muscle mass. This buffered muscle-building formula ensures optimal metabolic alkalinity & promotes healthy muscle growth without dangerous side effects!

### Medicinal Ingredients

Each scoop contains:

L-Leucine.....	2400 mg
L-Isoleucine .....	1200 mg
L-Valine .....	1200 mg
L-Glutamine .....	1000 mg
L-Citrulline .....	500 mg
Sodium bicarbonate.....	175 mg
Potassium (potassium bicarbonate) .....	136.5 mg
Magnesium (magnesium carbonate).....	38.56 mg

## Natural Fruit Punch Flavour

Source of essential amino acids for the maintenance of good health. Source of (essential) amino acids involved in muscle protein synthesis. Assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet. Source of branched chain amino acids (BCAAs), which are involved in protein synthesis.



# leanwhey

## Lose Fat, Gain Lean Muscle!

LeanWhey™ was formulated with two major objectives: to help you lose fat and gain lean muscle. Our proprietary, high protein, low-carb formula with digestive enzymes allows you to safely increase your protein intake and promote fat loss.

### Why use LeanWhey?

- **Tastes Great! Mixes Instantly!**
- **Low carb, low calorie (only 130 per serving)**
- **High Protein - 24g of highly bio-available protein per serving**
- **100% all natural ingredients, no artificial flavours, colours or sweeteners**
- **Cold temperature cross-flow filtration resulting in pure, undenatured, high microfraction, low lactose protein**
- **High in amino acids including BCAA's**
- **Strengthens immune system**
- **High in natural calcium for optimal bone health**
- **Safe and effective for all ages**
- **High-potency enzyme blend for maximum absorption**
- **Tested free of BSE and rBGH (bovine growth hormone)**

### Nutrition Facts Valeur nutritive

Per 2 scoops (33 g) serving  
Par portion de 2 mesures (33 g)

<b>Calories 130</b>	Daily Value* % valeur quotidienne*
<b>Fat / Lipides 2 g</b>	3 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 3 g</b>	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 24 g</b>	
<b>Cholesterol / Cholestérol 45 mg</b>	
<b>Sodium 250 mg</b>	11 %
<b>Potassium 200 mg</b>	4 %
<b>Calcium 150 mg</b>	12 %
<b>Iron / Fer 0.5 mg</b>	3 %

\*5 % or less is a little, 15 % or more is a lot  
\*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

### LeanWhey™ Major Proteins

Beta-Lactoglobulin .....	56 - 60%
Alpha-Lactoglobulin .....	18 - 24%
Glycomacropeptides.....	14 - 16%
Immunoglobulin .....	6 - 12%
Bovine Serum Albumin .....	6 - 12%
Lactoferrin .....	.09 - 1.4%

Alanine .....	1083mg
Arginine .....	641mg
Aspartic Acid.....	2465mg
Cystine.....	512mg
Glutamic Acid .....	4037mg
Glycine.....	453mg
Histidine .....	424mg
Isoleucine .....	1445mg
Leucine .....	2691mg

### Typical amino acid profile per 33 gram serving

Lysine.....	2164mg
Methionine .....	512mg
PhenylalanineI.....	784mg
Proline .....	1684mg
Serine.....	1228mg
Threonine.....	1516mg
Tryptophan.....	394mg
Tyrosine.....	695mg
Valine.....	1283mg

