



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**[®]
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.

Medicinal Ingredients	
Each teaspoon (5g) contains:	
L-Glutamine.....	5000mg

100 Pure & Fermented

- Pharmaceutical grade
- Micronized free form
- Vegan
- Non-GMO

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

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. Prairie Naturals 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)

Calories 130

Daily Value*

Fat / Lipides 2 g 3 %

Saturated / saturés 1 g 5 %

+ Trans / trans 0 g

Carbohydrate / Glucides 3 g

Fibre / Fibres 0 g 0 %

Sugars / Sucres 3 g 3 %

Protein / Protéines 24 g

Cholesterol / Cholestérol 45 mg

Sodium 250 mg 11 %

Potassium 200 mg 4 %

Calcium 150 mg 12 %

Iron / Fer 0.5 mg 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 include:

Beta-Lactoglobulin	56 - 60%
Alpha-Lactoglobulin	18 - 24%
Glycomacropeptides	14 - 16%
Immunoglobulin	6 - 12%
Bovine Serum Albumin	6 - 12%
Lactoferrin09 - 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
Phenylalanine	784mg
Proline	1684mg
Serine	1228mg
Threonine	1516mg
Tryptophan	394mg
Tyrosine	695mg
Valine	1283mg

fitfuel

Pre-workout

- Alkaline
- Creatine-Free
- No Artificial Sweeteners



A preworkout supplement that provides energy, power, focus & stamina. Helps maintain normal muscle function & muscle protein synthesis (MPS). Synergistically formulated with a buffered mineral matrix to help you achieve high intensity workouts and provide a source of electrolytes to maintain optimal alkalinity. is a wonderful thing.

Medicinal Ingredients

Each (7 g) scoop contains

Citrulline malate	1,500 mg
L-Arginine HCl	496.3 mg
L-Aspartic acid	500 mg
Beta-Alanine	500 mg
L-Tyrosine (zea mays seed)	350 mg
Dendrobium noble 10:1 extract (Noble orchid stem)	300 mg
equivalent to 3,000 mg of noble orchid stem powder	
Caffeine (caffeine anhydrous)	200 mg
L-Theanine	150 mg
Citrus aurantium (bitter orange fruit extract) (6% synephrine)	100 mg
Theobromine (theobroma cacao beans)	100 mg
Vitamin B6 (pyridoxal 5-phosphate)	10 mg
Calcium (calcium carbonate)	100 mg
Potassium (potassium bicarbonate)	48.75mg
Sodium (sodium bicarbonate)	47.9 mg
Magnesium (magnesium carbonate)	9.64 mg