

# PROCARB

## 10 Performance

### What it is:

- Our leading complex carbohydrate formula for long lasting energy and optimal performance.

### Why take it:

- **PROCARB** fuels your body with the freshest carbs available. It helps keep muscle glycogen at peak levels to help extend performance and endurance during workouts and training.

### How it works:

- **PROCARB** carbohydrates are derived from the purest carbohydrates on the planet. It is absorbed as a simple carbohydrate, but with the endurance of a complex carbohydrate. Its foundation is derived from the roots of tapioca, sweet potato, and arrowroot and contains Citrulline Malate/Arginine.
- **PROCARB** fuels your body and is readily absorbed and easily digested.
- Regular intake of **PROCARB** will prevent protein from being used as an energy source. Complex carbohydrates provided your body with a more consistent blood sugar level than simple sugars.
- It is GMO free, sucralose free, gluten free, paleo friendly, easily digested
- *Helps Maintain Acid & Alkali Balances:* The unique ingredients have been added to ensure your body's pH balance is level. Your body regularly deals with naturally occurring acids that are the by-products of respiration, metabolism, cellular breakdown and exercise.
- *Weight Loss:* When you have the proper amount of carbs in your body before you train, you can extend your workouts which can lead to more calories burned.
- *Heart Health:* The amino acid arginine changes into nitric oxide (NO). Nitric oxide is a potent neurotransmitter that helps blood vessels relax and can improve circulation.
- *Low Calorie:* With only 204 calories you can stay on track with any diet you may be following.

### Who should take it:

- Those involved with high intensity workouts or training who want a pre-workout supplement to provide their body with a pure, easily digested, quick energy source of carbohydrates.

### Dosage:

- 2 scoops mixed with 16 oz of water 30 minutes before your workout

### Ingredients:

- Tapioca Flour – Derived from Cassava Root and is naturally high in carbohydrates. It has a mild, slightly sweet taste and is one of the purest forms of starch there is. It is completely gluten-free, grain-free and nut-free.
- Sweet Potato Flour – A low glycemic carbohydrate that is rich and nutritious. This complex carbohydrate contains vitamins and minerals such as Vitamin A, Vitamin B, manganese and potassium that provide long lasting energy.
- Arrowroot – Contains high nutrient density with essential minerals copper and iron. This gluten free starch helps to aid in digestion, reduces blood pressure, boosts metabolism and promotes weight loss.
- Arginine Alpha-Ketoglutarate (AAKG) – A salt of the amino acid arginine and alpha-ketoglutaric acid. Marketing as a bodybuilding supplement due to the components associated with intermediates in the metabolism of nitric oxides.
- Citrulline Malate – Effects the vascular system, which in turn can improve your workout experience and recovery. Therefore, citrulline is often a component of pre-workout supplements. This compound is an amino acid which is composed of citrulline and ester of malic acid (malate). Citrulline Malate can help with athletic performance, muscle building, and overall health and wellness.
- Natural Extracts – lemon, lime, or raspberry

- Natural stevia

**FAQ's:**

- Will this cause my insulin levels to rise?
  - Yes, this will make your insulin levels rise. If you have any questions about taking this product, please consult your doctor.
- Can I use this product more than once a day?
  - The quantity and frequency depends on your diet and your workout plan.

**PRO** **ALL-NATURAL**  
**q/CARB**