

PRODUCT INFORMATION

PRO-LEAN

BASIC FUNCTIONS

Fat loss, Muscle tone, Increases energy and general well being.

In todays busy world, it is extremely important that people consume the proper nutrients to support their goal of a toned and healthy body along with an effective exercise program.

PRO-LEAN from GEN-TEC Nutrition is the most convenient and effective way to supply our body with the right nutrients to help achieve that goal. Containing a quality WPI / WPC / micellar casein blend, and boasting over 40 naturally occurring essential nutrients and added fat burners, PRO-LEAN mixed in 200ml of water will help to reduce body fat, improve muscle tone, improve skin, hair, nails, increase both mental and physical energy, improve immunity and overall well-being. Pro-Lean is the most advanced high protein meal replacement on the market today, due not only to the quality of sustained release protein used specifically by Gen-Tec Nutrition, but also the addition of many specialty ingredients to support maintenance of muscle tissue with a direct emphasis on reducing body fat and maintaining general health.

BASIC FUNCTION OF ADDED NUTRIENTS INCLUDED IN PRO-LEAN:

L-GLUTAMINE: Glutamine is the most abundant amino acid in the body. There are numerous medical studies detailing the benefits of glutamine supplementation. These include; boosts immune system function, maintains lean muscle mass, prevents muscle breakdown, enhances glycogen storage, aids recovery from exercise.

COLOSTRUM: It has been discovered that Colostrum offers a wide spectrum of health benefits for adults ranging from enhancement of immunity to the improvement of the digestive system. At Gen-Tec we use "First Milking Colostrum" from Australian pasture fed dairy cows using a patented collection and processing technique. Our Colostrum has a guaranteed minimum of >35% of total immunoglobulin (IgG) content and is of therapeutic grade.

EVENING PRIMROSE OIL: made from the seeds of the herb *Oenothera biennis*. Has many beneficial properties including; relief from PMS, alleviates hot flushes, improves eczema and dermatitis, improves rheumatoid arthritis, and aids in weight loss.

ESSENTIAL FATTY ACIDS: Omega 3, 6 and 9 essential fatty acids from evening primrose oil and safflower oil to aid fat loss, support healthy skin and good health.



GEN-TEC
NUTRITION

100% Australian Owned and Manufactured. Gen-Tec sources the world's finest quality raw materials and use internationally recognised bio chemists to produce leading products that live up to my expectations!

Nick Jones, Mr Australiasia, Mr Australia, Mr World
Enquiries +61 8 8186 4628 Visit gen-tec.com.au

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CARNITINE: The major function of carnitine is to facilitate the transport and metabolism of long-chain fatty acids into the mitochondria for energy generation. Therefore, supplementing with carnitine may allow for an increased rate of fat loss. In addition, an increased reliance on fat for energy may result in sparing of muscle glycogen stores, resulting in better exercise performance.

CHOLINE: is yet another compound involved in fat transport in the body and may reduce accumulation of fat in the liver.

INOSITOL: functions closely with choline to help break down fats and reduce accumulation of fat in the liver.

HYDROXY CITRIC ACID (HCA): a compound extracted from *Garcinia Quaesita*, has been found to inhibit an enzyme called 'citrate lyase', needed for conversion of excess carbohydrates into fat. The reduction of carbohydrate conversion to fat helps suppress appetite, reduce blood lipid levels and to increase energy levels.

CHROMIUM: is an essential trace mineral that aids lowering blood sugar levels by optimising glucose metabolism, increasing sensitivity and regulation of insulin levels, and maintenance of healthy blood levels of cholesterol and other lipids. These benefits of chromium will help you reduce body fat and suppress your appetite (particularly sweet cravings). To maximise absorption, Pro-Lean utilises chromium polynicotinate.

SUGGESTED USE

Simply mix 2 scoops of PRO LEAN to 200ml of water in a hand shaker 1-2 times per day. Best consumed immediately after exercise. Replace 1-2 meals/day with PRO LEAN on a 4-5 meal/day eating plan.

SIZES

Available in 400g, 1.2kg, 3kg

FLAVOURS

Chocolate Cream, Vanilla Cream