



performance nutrition

for endurance, recovery and repair

Peak Performance

Whether you train in the gym, on the track or in your backyard, you need the right fuel. But most of us don't even come close to consuming the nutrients we need to operate at our peak. Fortunately, ProVantage™ meets your nutritional needs for both immediate and long-term athletic performance. It's the edge you've been looking for.

Work harder. From adding extra reps at the gym to hiking further up that hill — discover the stamina to power through fatigue.

Recover faster. Don't settle for sore muscles. A precise balance of nutrients can shorten recovery time.

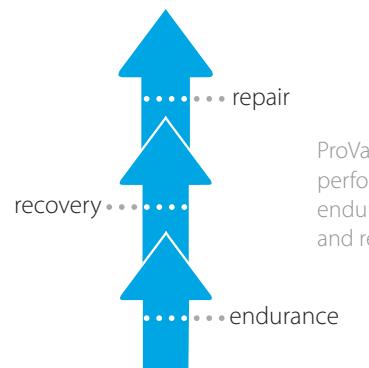
Get stronger. The right protein helps you build higher-quality muscle than you ever thought possible.

LunaRich® Soy Powder: Powerful Protein

For decades, fitness buffs have turned to protein powders to increase muscle mass and improve post-workout muscle recovery. Soy is a complete protein containing all nine amino acids in sufficient quantities to meet the body's needs. Soy also contains healthy isoflavones — antioxidants that combat cell damage.

Another key cell-protecting component of soy is lunasin — a naturally-occurring peptide. Lunasin combats the oxidative stress and inflammation caused by strenuous exercise. The **LunaRich®** soy powder in ProVantage delivers more lunasin — often many times more — than any other soy powder available.

For powerful performance, ProVantage with LunaRich gives you the edge.



ProVantage provides performance fuel for endurance, recovery and repair.

Optimal Ingredients

When it comes to protein powders, athletes have an array of options. But ProVantage is more than just protein; it's the only high-performance formula to unite such a potent combination of powerful antioxidants and supercharged amino acids.

Medium Chain Triglycerides (MCTs): helps reduce body fat and increases muscle mass, improves muscle repair and muscle quickness and provides more energy than carbohydrates.

Tonalin® (conjugated linoleic acid-CLA): reduces fat and increases muscle tone by helping the body extract more energy from food.

Creatine: sustains peak performance for longer periods of exercise and reduces muscle recovery time.

CoQ10 & Grape Seed Extract: promotes energy production, combats free radicals and supports the immune system.

L-Leucine, L-Glutamine & Ornithine Alpha Ketoglutarate (OKG): combine to optimize muscle function, reduce fatigue, enhance energy production, shorten recovery time and convert fat to energy.

For more information or to order:
800 RELIV US (735.4887)



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