

# PROTEIN POWDER

*Great Tasting Paleolithic Profile Meal Supplement  
in natural Chocolate, Vanilla and Strawberry flavor*



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## Protein Powder Highlights

- Ideal as a meal supplement, with 17 g of protein per scoop
- Ideal for low carbohydrate diets
- Beneficial sweetener stevia does not affect insulin levels
- Sucrose- & fructose-free
- No artificial sweeteners such as sucralose, saccharin, or Nutrasweet
- No MSG
- The phosphatidylcholine contains no protein parts from soy, so it should be safe for those with soy allergies. (Those very sensitive to soy should try small doses at first to see if they tolerate this product.)

Dr. Paul's Protein Powder is a great-tasting, nutrient-rich powdered meal supplement designed to help promote an optimal intake of protein, fats, carbohydrates, vitamins and minerals needed for overall wellness. The ingredients make this formula ideal for patients needing support with weight control, GI health, detoxification, immune issues, heavy metals, and muscle gain.

## High-Quality Whey Protein

Dr. Paul's Protein Powder is made with Proserum®, exceptional quality, native whey protein concentrate. This whey is produced using proprietary filtration and drying which involves minimal processing, is never exposed to high heat temperatures, and maintains the full range of all the fragile immune-boosting and regenerative components naturally present in fresh raw milk. It comes from cows that graze on pesticide-free, chemical-free natural grass pastures, and which are never given bovine growth hormone or any other hormones (No rBST or rBGH), genetically modified organisms, or injected pathogens.

Because whey protein is derived from milk, a proprietary full spectrum enzyme blend (n•zymes®) has been included, which contains lactase and proteases. This blend aids in the digestion of the small amount of lactose present and helps to assist in the breakdown and assimilation of the various high quality proteins found in milk.

## Benefits of Whey Protein

Protein raises HDL, lowers triglycerides, benefits insulin resistance, and promotes lean muscle growth, satiety, and gluconeogenesis. Whey protein is nature's richest source of biologically active protein. Unlike soy protein, which is low in the amino acid methionine, whey protein contains all the amino acids the body needs in the best balance yet discovered in any food.

Animal studies show that whey protein increases longevity in aging mice and enhances liver and heart glutathione concentrations.<sup>1</sup> It also provides a good source of the amino acids cysteine and leucine, which support the production of detoxifying elements needed to eliminate mercury from the body.<sup>2,3</sup> Whey protein has been chosen not just because it is an outstanding source of complete protein, but also for its host of other benefits, including its immune-boosting properties, as it is rich in immunoglobulins and lactoferrin.

## Summary of Whey Protein Research:

- The lactoferrin and lactoferricin it contains are bacteriostatic<sup>4</sup>
- Due to its high cysteine content it raises glutathione levels by 40-64%<sup>5</sup>
- Suppresses appetite via CCK (Cholecystokinin) stimulation (caused by glycomacropetides)<sup>6</sup>
- Increases osteoblastic bone formation and reduces osteoclastic bone resorption<sup>7</sup>
- Shown to increase bone density and to improve urine and serum metabolic indices for osteoporosis<sup>8</sup>
- Shown to improve intestinal permeability and protect from GI radiation damage<sup>9,10</sup>
- Shown to reduce E. coli, H. pylori and cryptosporidium infection in the GI tract<sup>11,4</sup>

## Protein Powder is suggested in combination therapies for:

- Weight Loss
- Lipid Management
- Type II Diabetic Control
- Blood Sugar Balance
- Hypoglycemia
- Mercury Toxicity
- Weight Training
- Yeast Overgrowth