

# Proglee Vanilla Powder

## Protein with DHA Vanilla Flavour Powder

**Category:** Nutritional Supplement

**Dosage Form:** Powder for Oral Consumption

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### Description

Protein with DHA Vanilla Flavour Powder is a premium nutritional supplement designed to support overall health, muscle recovery, and brain function. It combines high-quality protein with Docosahexaenoic Acid (DHA), an omega-3 fatty acid essential for brain and eye health. The vanilla flavor makes it a pleasant addition to smoothies or shakes. This powder is ideal for individuals who need an extra protein boost in their diet, including athletes, bodybuilders, elderly individuals, or those recovering from illness or surgery.

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### Composition (Per Serving):

- **Protein:** (e.g., Whey Protein Concentrate, Isolate, or Soy Protein) – Quantity as specified on the label
- **Docosahexaenoic Acid (DHA):** (typically around 100–200 mg per serving)
- **Vanilla Flavor:** For taste enhancement
- **Additional Nutrients:** May include vitamins, minerals, and other ingredients depending on the formulation.  
(*Exact composition may vary by brand; refer to the product label for specific details*)

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### Key Benefits:

#### 1. Supports Muscle Growth and Recovery:

- High-quality protein helps promote muscle repair and growth, making it ideal for athletes and individuals with high protein needs.

#### 2. Cognitive Health Support:

- DHA is an essential omega-3 fatty acid that supports brain health, improving memory, focus, and cognitive function. It is also important for eye health.

#### 3. Boosts Immune Function:

- Protein plays a crucial role in the immune system by supporting the production of antibodies and promoting tissue repair.

#### 4. Supports Heart Health:

- DHA contributes to maintaining healthy blood lipids, and it has anti-inflammatory properties that support cardiovascular health.

#### 5. Convenient Nutritional Support:

- The powder form is convenient and easy to incorporate into daily routines, whether mixed with water, milk, or added to smoothies.

#### 6. Vanilla Flavor:

- The pleasant vanilla taste enhances the overall experience of consuming the supplement, encouraging regular use.

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### Uses/Indications:

#### • Muscle Recovery & Growth:

- Ideal for athletes or individuals who engage in intense physical activity and need additional protein to support muscle repair and growth.

#### • General Nutritional Support:

- For individuals who need to increase their daily protein intake, such as the elderly, those with poor appetite, or individuals recovering from illness or surgery.
  - **Cognitive Function:**
    - Support brain function and cognitive health, particularly in aging individuals or those seeking to maintain mental clarity.
  - **Heart Health:**
    - Maintain cardiovascular health through the inclusion of DHA, which is known to support healthy cholesterol levels and reduce inflammation.
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#### **Dosage and Administration:**

- **Recommended Dosage:**
    - Typically 1 scoop (as per product instructions) mixed with 200–250 ml of water or milk.
    - Frequency: One to two servings per day, depending on individual nutritional needs and lifestyle.
  - **For Muscle Recovery:**
    - Consume post-workout for optimal muscle repair and growth.
  - **For Cognitive and Overall Health Support:**
    - Can be taken at any time of the day as part of a balanced diet.
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#### **Instructions for Use:**

1. Measure the recommended amount of powder (usually provided with the container) and mix it with water, milk, or a smoothie.
2. Stir or shake well until fully dissolved and enjoy your protein drink.

3. For best results, consume regularly as part of your balanced diet and exercise routine.
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#### **Nutritional Information (Typical Values per Serving):**

- **Energy Value (Calories):** Varies by brand/formulation
- **Protein Content:** Varies based on the type of protein used (usually around 20–25 g per serving)
- **DHA:** 100–200 mg per serving
- **Carbohydrates:** Varies (typically around 5–10 g per serving)
- **Fat Content:** Varies (typically around 1–5 g per serving, with healthy fats from DHA)
- **Vitamins and Minerals:** Often fortified with additional nutrients such as vitamins C, D, B-complex, calcium, magnesium, etc.

*(Exact nutritional content may vary by brand or specific formulation—check the product label for details.)*

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#### **Storage Instructions:**

- Store in a cool, dry place away from direct sunlight.
  - Keep the container tightly closed to prevent moisture and contamination.
  - Keep out of reach of children.
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#### **Precautions and Warnings:**

- **Allergy Alert:**
  - If you have allergies to dairy, soy, or fish (if DHA is derived from

fish), consult the product label for allergens.

- **Pregnancy and Breastfeeding:**
    - Consult a healthcare provider before use if you are pregnant or breastfeeding.
  - **Medical Conditions:**
    - Individuals with kidney disease or other chronic health conditions should consult a healthcare professional before using this supplement.
  - **Overconsumption:**
    - Excessive protein intake can cause strain on kidneys and other organs over time. Follow the recommended dosage.
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#### **Adverse Effects:**

- **Mild:**
    - Bloating, gas, or upset stomach in some individuals.
  - **Rare:**
    - Allergic reactions (rash, itching, difficulty breathing) may occur in sensitive individuals.
  - **Overuse:**
    - Consuming more than the recommended dose can lead to digestive discomfort, dehydration, or kidney stress.
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#### **Key Points for Use:**

- **This Protein with DHA Vanilla Flavour Powder is ideal for individuals seeking to meet their daily protein requirements while also supporting brain health, muscle recovery, and overall well-being.**
- **Regular consumption can help maintain cognitive function, support heart health, and boost energy levels, especially for**

**individuals with specific nutritional needs.**

- **As with any supplement, it is important to maintain a balanced diet and lifestyle to achieve the best health benefits.**

**Note: Always consult a healthcare provider before starting any new supplement regimen, particularly if you have pre-existing health conditions.**

Manufactured in India for:



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