

Lean Meal

Grass-Fed Whey Protein

Known As - PaleoSnack



Clinical Applications

- Weight management *
- Lipid management *
- Blood sugar balance *
- Type II diabetes
- Weight training/Muscle gain *

PaleoSnack 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 management/fat loss, GI health, immune issues, and muscle gain for increased metabolism.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Distributed by: Adaptogen Research
625 Barksdale Road, Suit 113
Newark, DE 19711

PaleoSnack

Discussion

PaleoSnack is made with an exceptional quality whey protein made from the milk of cows that graze on pesticide- and chemical-free, non-GMO grass pastures in New Zealand, which is known to have one of the least polluted environments in the world. The milking cows are never fed grain, nor subjected to hormone or antibiotic treatments. This whey is instantized with sunflower lecithin (non-GMO), which helps it dissolve more easily in water and prevents foaming during blending. Optimal whey digestion is instrumental for the breakdown of native whey into bioactive peptides in the GI tract. Stomach acid has an important role in denaturing whey proteins so that the pancreatic enzymes can access and cleave them into peptides and eventually into amino acids. The fact that this whey is instantized with lecithin may help to improve its digestibility due to increased water solubility.

"The health promoting powers of whey were discovered long time ago. Ancient Greeks, as well as Hippocrates in 460 B.C., prescribed cheese whey for the assortment of human ailments. Later in the 17th century, during the Italian Renaissance sayings about whey flourished in Florence."¹ Protein raises HDL, lowers triglycerides, benefits insulin resistance, and promotes lean muscle growth and satiety. 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.¹ 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.^{2,3} 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, the latter of which may have antifungal activity against Candida species while helping to support the growth of beneficial Bifidobacteria.

Gastrointestinal Health: Whey contains biologically active molecules capable of enhancing intestinal health through various mechanisms, including prebiotic effects, antimicrobial and antiviral properties, immune support, and in helping to repair gut permeability. Glycomacropeptide and lactoferrin have been shown to support the growth of beneficial Bifidobacteria.¹⁻³

Bone health: Milk basic protein (MBP), a fraction of whey, was found in many studies to be a promoter of bone health by stimulating osteoblasts, inhibiting osteoclastic activity and improving bone density.^{3,10}

Whey protein derives its benefits from¹⁻³:

- a) Amino acids and small peptides that are absorbed as such but break down into amino acids
- b) Major protein fractions (beta-lactoglobulin and alpha-lactalbumin) which are broken down into bioactive peptides composed of 3-20 amino acids, which have special physiological signaling roles as such and are eventually broken down into amino acids.
- c) Small molecules with specific physiological effects which remain intact in the GI tract, such as serum albumin, immunoglobulins, glycomacropeptide, lactoferrin, lactoperoxidase, lysozyme and insulin-like growth factor (IGF).

NatureFolate – natural vitamin folates that are bioidentical to those found in foods such as spinach and are immediately "active" and bioavailable to the human body. These natural folates are included rather than the potentially harmful folic acid, which is known to build up in the body as unmetabolized folic acid.

Stabilized Creatine – important for energy reserves and helps to increase muscle mass, strength and endurance. Vegetarians appear to have lower tissue creatine concentrations, since creatine is mostly found in animal foods such as herring, pork, beef, salmon and tuna.

Glucmannan and other beneficial soluble and insoluble fibers – included to support satiety, blood sugar balance; also helps to create a smooth drink texture.

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**



Conjugated Linoleic Acid (CLA) – naturally-occurring fatty acid shown to be useful in supporting proper fat burning, healthy blood sugar levels, and in modulating inflammation.

Vitamin E in the natural form of high gamma mixed tocopherols.

Chelated minerals for superior absorption. These forms do not buffer stomach acid, which would impair protein digestion.

PaleoSnack:

- Ideal as a meal supplement, with 16 grams of protein per one scoop serving
- Excellent for low carbohydrate diets
- Available in vanilla (unsweetened), chocolate and strawberry flavors
- Chocolate & strawberry are naturally sweetened with stevia leaf extract, which will not affect insulin levels
- Does not contain sucrose, fructose or artificial sweeteners
- Made with non-GMO ingredients

Supplement Facts			
Serving Size 36 grams (approx. one scoop)			
Servings Per Container 25			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Biotin (as d-Biotin)	100 mcg 33%
Calories from Fat	15	Pantothenic Acid	100 mg 1000%
Total Fat	1.5 g 2%	(as d-Calcium Pantothenate)	
Saturated Fat	0.5 g 2%	Calcium (from natural sources)	100 mg 10%
Cholesterol	15 mg 5%	Magnesium	100 mg 25%
Total Carbohydrate	14 g 5%	(from Creatine MagnaPower®)	
Dietary Fiber	8 g 32%	Zinc	5 mg 33%
Soluble Fiber	4 g †	(TRAACS® Zinc Bisglycinate Chelate)	
Insoluble Fiber	4 g †	Chromium	50 mcg 42%
Sugars	2 g †	(TRAACS® Chromium Nicotinate Glycinate Chelate)	
Protein (from whey)	16 g 32%	Sodium (from natural sources)	90 mg 4%
Vitamin C (as Ascorbic Acid)	100 mg 167%	Creatine	562 mg †
Vitamin E	17 IU 57%	(from Creatine MagnaPower®)	
(as d-alpha tocopherol)		Conjugated Linoleic Acid (CLA)	120 mg †
Thiamin (Vitamin B-1)	10 mg 667%	High Gamma Mixed Tocopherols	100 mg †
(as Thiamin Mononitrate)		(as d-gamma, d-delta, d-alpha, d-beta)	
Riboflavin (Vitamin B-2)	10 mg 588%	Taurine	100 mg †
Niacin (Vitamin B-3)	10 mg 50%	Inositol	50 mg †
(as Niacinamide)			
Vitamin B-6 (as Pyridoxine HCl)	10 mg 500%		
Folate (Naturefolate™ blend)	100 mcg 25%		
Vitamin B-12	50 mcg 833%		
(as Methylcobalamin)			

Other Ingredients: Natural flavors, vegetable fiber, creafill cellulose, glucomannan, tapioca maltodextrin, inulin, vegetable cellulose.

Contains milk.

References:

1. Yalcin AS. Emerging therapeutic potential of whey proteins and peptides. *Curr Pharm Des.* 2006;12(13):1637-43. Review. PubMed PMID: 16729875.
2. Whey protein. Monograph. *Altern Med Rev.* 2008 Dec;13(4):341-7. PubMed PMID: 19152482.
3. Marshall K. Therapeutic applications of whey protein. *Altern Med Rev.* 2004 Jun;9(2):136-56. Review. PubMed PMID: 15253675.
4. Bendtsen LQ, Lorenzen JK, Bendtsen NT, Rasmussen C, Astrup A. Effect of dairy proteins on appetite, energy expenditure, body weight, and composition: a review of the evidence from controlled clinical trials. *Adv Nutr.* 2013 Jul 1;4(4):418-38. doi: 10.3945/an.113.003723. Review. PubMed PMID: 23858091; PubMed Central PMCID: PMC3941822.
5. Wu G. Dietary requirements of synthesizable amino acids by animals: a paradigm shift in protein nutrition. *J Anim Sci Biotechnol.* 2014 Jun 14;5(1):34. doi: 10.1186/2049-1891-5-34. eCollection 2014. Review. PubMed PMID: 24999386; PubMed Central PMCID: PMC4082180.
6. Wu G. Functional amino acids in growth, reproduction, and health. *Adv Nutr.* 2010 Nov;1(1):31-7. doi: 10.3945/an.110.1008. Epub 2010 Nov 16. PubMed PMID: 22043449; PubMed Central PMCID: PMC3042786.
7. Joint FAO/ WHO/ UNU WHO technical report series (WHO report no. 935). Protein and amino acid requirements in human nutrition. ISBN 92 4 120935.
8. Di Mario F, et al. Use of bovine lactoferrin for Helicobacter pylori eradication. *Dig Liver Dis.* 2003 Oct;35(10):706-10.
9. Toba Y, Takada Y, Yamamura J, Tanaka M, Matsuoka Y, Kawakami H, Itabashi A, Aoe S, Kumegawa M. Bone. 2000 Sep;27(3):403-8. Milk basic protein: a novel protective function of milk against osteoporosis.
10. Bounous G, Gervais F, Amer V, Batist G, Gold P. The influence of dietary whey protein on tissue glutathione and the diseases of aging. *Clin Invest Med* 1989; 12:343-9.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease**

Distributed by: Adaptogen Research
625 Barksdale Road, Suite 113
Newark, DE 19711

Suggested Use

As a dietary supplement, mix 36 grams (approx. one scoop) in eight ounces of water or any other beverage per day, or as directed by your health care practitioner. PaleoSnack may be blended into a shake if desired and is not intended to be the sole source of calories, but rather to be used as part of an overall program of healthy eating. Best if consumed within 15 minutes..

Caution

Keep out of reach of children.