



Medicinal Ingredients (per capsule):

PeptiStrong™ Fava bean
(*Vicia faba* – seed) protein hydrolysate
(55% to 65% protein) 600 mg

Non-Medicinal Ingredients: Hypromellose, Magnesium stearate (vegetable source).

Recommended Dose: Adults 18 years and older: Take 4 capsules two times per day, or as directed by a healthcare practitioner. Ensure to drink enough fluid before, during, and after exercise.

Risk Information: Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding. Hypersensitivity/allergy have been known to occur; in which case, discontinue use.



References

1. Kerr A, Hart L, Davis H, et al. Improved strength recovery and reduced fatigue with suppressed plasma myostatin following supplementation of a *Vicia faba* hydrolysate, in a healthy male population. *Nutrients*. 2023;15(4):986. doi:10.3390/nu15040986
2. Cal R, Davis H, Kerr A, et al. Preclinical evaluation of a food-derived functional ingredient to address skeletal muscle atrophy. *Nutrients*. 2020;12(8):2274. doi:10.3390/nu12082274
3. Weijzen MEG, Holwerda AM, Jetten GHJ, et al. *Vicia faba* peptide network supplementation does not differ from milk protein in modulating changes in muscle size during short-term immobilization and subsequent remobilization, but increases muscle protein synthesis rates during remobilization in healthy young men. *J Nutr*. 2023;153(6):1718–1729. doi:10.1016/j.tjnut.2023.01.014

Pro-Formance Peptides™

Plant-based bioactive peptides to promote muscle strength, endurance, and recovery

Physical ability, mental resilience, coachability, competitive spirit, and consistency – these are some of the traits that propel athletes to elite status. But how can an athlete sustain their upward trajectory and maintain peak performance? With these five distinct clinical benefits in each serving:

PROMOTES A HEALTHY INFLAMMATORY RESPONSE TO EXERCISE

PROMOTES MUSCLE GROWTH

PROMOTES MUSCLE PROTEIN SYNTHESIS

HELPS REDUCE MUSCLE BREAKDOWN

BOOSTS OVERALL ENERGY LEVELS

Pro-Formance Peptides™ is a plant-based peptide powerhouse derived from the fava bean, designed to support muscle protein synthesis and reduce muscle protein breakdown, which helps promote optimal muscle development, efficient metabolic function, and energy production. This helps support athletes to train longer, recover faster from intense workouts, and help reduce muscle soreness. Advanced machine-learning AI has allowed scientists to isolate cell-signaling bioactive peptides from the fava bean, which promote key pathways that tell your body to build muscle tissue and repair exercise-induced muscle damage. Help sustain your athletic edge with cutting-edge science and discover the elite athlete's secret to superior performance and recovery with Pro-Formance Peptides™.



PROMOTES MUSCLE STRENGTH, ENDURANCE, AND RECOVERY



MAY PROMOTE ENDURANCE AND FASTER RECOVERY



PROMOTES OPTIMAL ATHLETIC PERFORMANCE



SUPPORTS HEALTHY EXERCISE-INDUCED INFLAMMATORY RESPONSES



MAY PROMOTE HEALTHY BODY COMPOSITION AND RETENTION OF LEAN BODY MASS



MAY MITIGATE AGE-RELATED MUSCLE LOSS AND WEAKNESS

Pro-Formance Peptides™ powered by PeptiStrong™

- NSF Certified for Sport®
- Promotes key pathways in the body to help support optimal muscle development and maintenance – crucial for athletes aiming to build and preserve muscle mass.
- Supports muscle health – A small placebo-controlled study of 30 healthy adult men tested the effect of 2.4 g/day of PeptiStrong™ on muscle health along with resistance exercises over 14 days.¹ The study found promising results that PeptiStrong™ may:
 - Help increase muscle recovery rate by 144%¹
 - Help increase athletic performance recovery by 54%¹
 - Help reduce muscular fatigue by 47%, supporting muscular endurance¹
- Based on preclinical studies and in vitro tests, PeptiStrong™ may prevent loss of lean muscle mass by 54%²
- In a clinical trial of healthy young men, PeptiStrong™ increased protein synthesis by 4x compared to whey protein³

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Refer to the product label for dosing instructions, age-appropriateness, and relative risk statements. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.