

TIENS PRO / SUPER PROCAL



TiensPro is especially designed with your nutritional needs in mind. It provides a balance of 19 vitamins & minerals, and is a source of soy protein, all in a great-tasting drink.

BENEFITS:

Soil depletion

- As a result of the mineral depletion in soil, even if we eat a diet that may seem balanced, it is often missing all the essential vitamins and minerals needed by the human body.
- The fruits and vegetables available today have much less minerals and vitamins than they once did, however your body genetically still requires the same amount. Instead of eating more wholesome food to compensate for this depletion, our lifestyles have increased the availability and intake of processed foods.
- This easy to drink supplement, will help ensure your daily intake of vitamins and minerals

Soy Protein

- TiensPro is also a source of soy protein, which has several health benefits:
- Soy protein is suitable for vegetarians, as it is the vegetable protein nutritionally closest to meat proteins
- Soy protein contains all the essential amino acids
- Soy may decrease the risks of some heart related problems
- Soy may be beneficial to women for symptoms of Menopause and PMS

DID YOU KNOW?

The mineral content of the world's soil has decreased dramatically,
The Percentage of Mineral Depletion from Soil During the Past 100 Years, by Continent:

North America - 85% depletion
South America - 76% depletion
Asia - 76% depletion
Africa - 74% depletion
Europe - 72% depletion
Australia - 55% depletion

(1992 Earth Summit)

KEY REFERENCES:

"In the future, we will not be able to rely anymore on our premise that the consumption of a varied balanced diet will provide all the essential trace elements, because such a diet will be very difficult to obtain for millions of people."
(Dr. Walter Mertz, U.S. Department of Agriculture, told to congress in 1977)

The Food and Drug Administration in the US (FDA), has approved heart health claims for soy
(FDA, October 1999)

The Isoflavones in Soy Protein help reduce blood fats and occurrence of cardiovascular disease in healthy men. This study is important, because it shows the benefits of soy in healthy individuals, which shows that prevention of heart disease is possible.
(University of Guelph, American Journal of Clinical Nutrition, 2006)

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INGREDIENTS & SUPPLEMENTAL FACTS:

Each 10.5g (1 scoop) contains:		% Daily Value
Vitamin A (palmitate)	875 IU	17.50
Vitamin D3 (cholecalciferol)	100 IU	25.00
Vitamin E (d-alpha tocopheryl acetate)	5.25 IU	17.50
Vitamin C (ascorbic acid)	10.5 mg	17.50
Vitamin B1 (thiamine mononitrate)	0.3 mg	20.00
Vitamin B2 (riboflavin)	0.5 mg	29.41
Niacin	3.5 mg	17.50
Vitamin B6 (pyridoxine hydrochloride)	0.5 mg	25.00
Folic Acid	0.07 mg	17.50
Vitamin B12 (cyanocobalamin)	1.05 mcg	17.50
Biotin	52.5 mcg	17.50
Pantothenic acid (as d-Calcium Pantothenate)	2.50 mg	25.00
Calcium (lacto calcium)	182.8 mg	18.27
Iron (as Iron Citrate)	2.00 mg	11.11
Iodine (potassium iodide)	0.026 mg	17.34
Magnesium (oxide)	46 mg	11.50
Zinc (gluconate)	0.62 mg	4.13
Copper (gluconate)	0.5 mg	25.00
Potassium (chloride)	65.5 mg	1.87

Non-medical ingredients: Maltodextrin, Cellulose, Natural Flavor, Guar Gum, Gum Arabic, and Sucralose

Vitamin and Mineral Supplement
Nutritional Drink
Net Weight 22oz / 630g

DIRECTIONS FOR USE:

As a dietary supplement -
Dissolve 21 grams (2 scoops) of powder in liquid (such as water, skim milk, juice or your favourite beverage).
Enjoy anytime of the day.
Store in a cool, dry place to conserve freshness.

WARNINGS:

Keep out of reach of children. If you are pregnant or lactating, or taking a prescription medication, consult a physician before using this product.

Allergens: Soy, Milk, Egg

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