

PRO-TEEN

THE SPORTS RECOVERY SHAKE DESIGNED FOR
YOUTH ATHLETES

How we made it

By evaluating research from leading universities to identify common deficiencies and additional nutritional requirements of youths in high-level sport. We cross-referenced recommended intakes for age groups using all of our information gathered to estimate and carefully include selected nutrients into relative amounts.

What are the key ingredients and why are they included?

PRO-TEEN® is essentially comprised of important nutrients necessary to support health, participation and normal development. Our mission is to eradicate youth athlete undernourishment. Each ingredient has a scientific basis for inclusion. Examples include:

- **Calcium & Vitamin D** - Needed to support normal bone development.
- **Iron** - Needed for blood oxygen transport & extremely important for girls in sport, a very common deficiency.
- **Protein** - To support muscle maintenance after sport, ensuring an even intake across the day.
- **Carbohydrates** - To replenish muscle energy stores following intense exercise.
- **Vitamin and mineral mix** - To support a variety of factors including immunity (Vitamin C), B Vitamins (tiredness and fatigue), Iron & Zinc (memory and concentration).
- **BCAA's** - A class of essential amino acids that the body can use for energy and repairing muscles. These cannot be made by the body and must be taken in from food.
- **Omega 3 & 6** - Needed for multiple bodily functions and an essential part of a youth athletes diet.

When to use

Ideally, supplements are designed to compliment a diet that is already on-point. Therefore, the focus for any youth athlete should always be to get food in first. **PRO-TEEN®** was designed to be a convenient alternative to counter selective eating or skipping meals, for occasions when no healthy food sources are available after training. This is to eradicate common nutritional deficiencies, catering for additional nutritional needs, due to frequent participation in high-level sport.

How old do you need to be?

PRO-TEEN® was designed for adolescent athletes, 13 and above due to their ability to adapt to training loads. Younger athletes may also consume **PRO-TEEN®**, but in smaller relative amounts. Please refer to our online age serving guide, which was designed based on information from the British Nutritional Foundation. These guidelines provide approximate nutritional information for convenience, as a courtesy for parents looking to support their youth athletes diet.

Important stuff: As upper safe limits for vitamins and minerals in children & adolescents are still to be evaluated, we recommend that athletes do not exceed daily recommended intakes. We're working behind the scenes to advocate and invest further research into youth athlete nutrition for the betterment of our current and future generations.

We have taken every care to ensure our range is suitable for consumption. If you're unsure as to whether you should introduce a supplement into an athlete's diet of any age, we encourage customers to consult an externally qualified health care professional first.



www.youthsportnutrition.co.uk/

FREQUENTLY ASKED QUESTIONS

Why is *PRO-TEEN*® needed?

Youth athletes sometimes struggle to meet daily nutrient needs due to selective eating habits or very busy schedules.

This can be compounded by the additional and unique nutritional requirements that participation in high intensity, high frequency sport places on a growing athletes body.

What is it?

Essentially, *PRO-TEEN*® is a precise blend of vitamins, minerals, protein and omega 3&6, developed to support recovery nutrition after intense training, where whole foods aren't otherwise available.

Why is it a good solution?

PRO-TEEN® was designed to save time and add convenience after intense training or competition. Incorporating a serving after training ensures that your athlete's daily nutrient needs are met to avoid deficiencies, support recovery, health and future performances.

How is it different?

PRO-TEEN® is designed based on the unique nutritional requirements of a developing athlete. Each ingredient is provided in relative proportions based on age group categories and recent university research to help athletes avoid common deficiencies. Our focus is on health, balance and responsibly - not athletic prowess.

What ages?

PRO-TEEN® should hold the most benefit for athletes aged 13-19 due to their ability to adapt to training loads. Younger athletes may use relative servings only if necessary. Please refer to our online serving guide.

How long will a pouch last?

Each 1KG pouch contains 20 50g servings. If there is a need to incorporate, we recommend athletes consume up to 2 to 3 shakes per week. This way, each pouch typically lasts around 6-8 weeks if used correctly!



Available in 3 flavours!

Independently taste tested and approved by youth athletes themselves!



Strawberry Cream



Madagascan Vanilla



Milk Chocolate

Allergen information

- ✓ Gluten Free
- ✓ GMO Free
- ✓ Hormone Free
- ✓ Vegetarian



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