

AMMO™

PRODUCT INGREDIENT BENEFITS

INGREDIENTS

Milk protein isolate 85% (low lactose)

This ingredient, as is suggested by its name, provides the same proteins found in fresh milk. The lactose is removed, which is the primary dairy sugar. The result is that two types of protein are left, casein and whey. Milk protein isolate is high-quality protein source. This is fantastic for post-workout recovery as it provides essential amino acids necessary for muscle growth, protein synthesis, lean body mass and skeletal muscle metabolic function.⁶ This is also a great supplement for those who do not get enough protein in their diet.

Cold milled flax seed

It is recommended that flaxseed goes through a cold milling process. This prevents the heat destruction of this ingredients most healthy components. This process chops the flaxseed without heating the mill blades. This allows the essential fatty acids to remain intact. Flaxseed may protect against certain cancers such as prostate cancer and melanoma. In addition this ingredient has also been found to act as a laxative (good for constipation), reduce blood glucose levels (good for diabetics), preventing heart disease (lowers cholesterol) and alleviating arthritis (related omega-3 fatty acids have an anti-inflammatory effect).²

Whey protein isolate

Whey protein is a naturally complete protein containing all the essential amino acids required in the daily diet. This supplement promotes protein synthesis and muscle growth. Why protein is soluble and easy to digest. It is often referred to as the “fast” protein because it provides nourishment to the muscles so quickly. This ingredient helps to maintain a healthy immune system. This source of protein is great to use immediately after exercise to rebuild muscle and recover.⁸

Inulin (from chicory root)

If you have ever eaten a packaged food that bears the claim “high in fiber,” there is a good chance you have eaten chicory root fiber. Chicory root has been found to reduce stress, combat inflammation, protects the liver, may prevent and delay the onset of

diabetes, helps manage osteoarthritis and aids in gut health.¹ Chicory root is a source of inulin, a type of soluble fiber. Inulin passes through the body undigested. It is considered a “prebiotic,” promoting healthy bacteria growth in the gut and nourishes colon cells and produces more appetite-controlling hormones in your body.⁷

Nutrients From Natural Whole Food Concentrate Of:

Spinach: An antioxidant, lowers cholesterol, good for cardiovascular system and high blood pressure, brain health and memory.⁷

Broccoli: Twice the Vitamin C of an orange, has anti-cancer and anti-viral properties.⁷

Carrots: Promotes healthy eyes, aids in preventing heart disease, stroke and infection of cuts and scrapes. Maintains healthy skin, heart, teeth, hair and bones.⁷

Beet: Excellent source of fiber. Maintains healthy cells and prevents anemia. Aids in muscle building, nerve function, bone strength and immune system.⁷

Tomato: Promotes healthy heart, blood pressure and is a good source of fiber and aids in resisting infections.⁷

Shitake Mushroom: Prevents inflammation, tumors, harmful viruses and bad bacteria. Prevents heart disease due to its rare and adequate amounts of copper.⁷

Apple: A great antioxidant and anti-inflammatory. Aids in preventing bad cholesterol and is often called the “super food” due to the abundance of vitamins and minerals.⁷

Cranberry: Well known for treating urinary tract infections. Prevents cavities and gum disease. Aids in protection from breast cancer, and is an anti-oxidant.⁷

Pomegranate: Serves as an antioxidant. Reduces the risk of heart disease, has a healthy amount of fiber. Aids in weight loss, cholesterol control and improves circulation.⁷

Orange: Promotes strong bones, teeth, healthy heart and blood pressure. Aids in healthy brain function, skin and strengthens immune system.⁷

Grape: Aids in protecting against colon and prostate cancers, coronary heart disease, nerve disease and even Alzheimer's. Acts as an antioxidant and lowers bad cholesterol.⁷

Strawberry: Has anti-cancer properties, anti-aging compounds and potentially fights neurological diseases.⁷

Calcium: Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure.⁵

Seaweed extract: Aids in a healthy thyroid, provides energy and strength and protects against radiation. Has cancer fighting agents, helps with digestion, dental health and detoxification.⁴

Stevia: Native plant to Paraguay and has been used as a sweetening agent in South America for centuries. This is a safe sweetener with no calories, no carbohydrates and does not elevate blood glucose.³

References

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