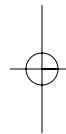
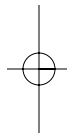
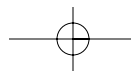


How... **STAN MCQUAY**
PREPARES FOR THE SEASON



PRODUCT GUIDE



PROLAB NUTRITION

In the early days, sports nutrition products were mainly protein and protein-carbohydrate-vitamin blends. Now, specialized nutrients help increase energy levels, improve the development of lean muscle, help reduce body fat, and improve recovery.[†]

Prolab Nutrition has pioneered research to develop products that fit individual athletes. Just as sports-specific training can help improve your performance, a customized nutritional supplement program can help you reach your other goals. We call our unique perspective "sports-specific nutritional supplementation."

Our rapid growth is in large part due to word-of-mouth advertising – a recommendation from a satisfied customer is far more powerful than any paid advertisement. Not only do we create new and better products, we help and assist our customers in working toward their goals.



Rock Solid

Born in Japan and now enjoying the California sunshine, Prolab enthusiast Stan McQuay has been into bodybuilding for 15 years. Find out first-hand how Stan integrates Prolab into his long-term goals as he takes you through a typical training week, combining good nutrition with a disciplined workout for the ultimate success.

STAN MCQUAY



[†] This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



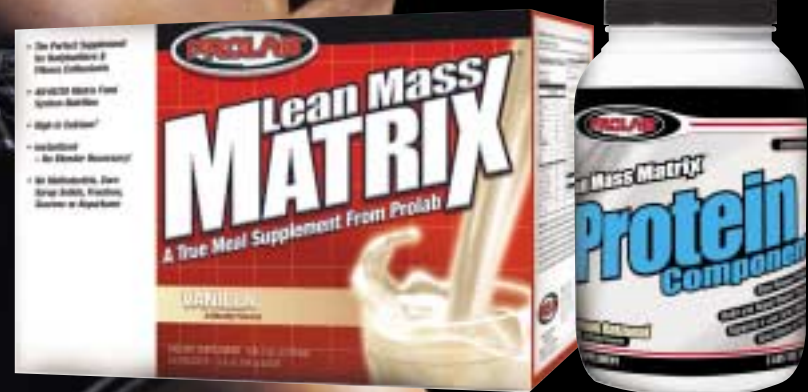
MATRIX

Prolab® Matrix protein supplement offers balanced 40-40-20 nutrition: A blend of 40 grams of high-quality bioactive proteins and 40 grams low-glycemic whole-grain complex carbohydrates, containing essential fatty acids and fiber plus a blend of 22 vitamins and minerals. Proteins build and repair muscle tissue. Complex carbohydrate is a good source of fiber. Together they are excellent for low carb diets.†

- 2 grams of L-glutamine per serving
- Beta glucans for cardiovascular benefits†
- Instantized – no blender necessary
- No maltodextrin, aspartame, or hydrogenated oils

Matrix Protein Component takes advantage of the most current scientific information regarding slow and fast acting proteins for maximizing whole-body protein retention.

Available flavors:
Cinnamon Oatmeal, Vanilla and Chocolate.



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Stan's Workout Monday

Chest & Biceps

▶ **Dumbbell Presses**
4 sets
6 - 8 reps
up to 150 lbs

▶ **Incline Barbell Presses**
3 sets
6 - 8 reps
up to 345 lbs

▶ **Down a Prolab Shake**

▶ **Dumbbell Flys**
3 sets
6 - 8 reps
up to 65 lbs

▶ **Standing Barbell Curls**
4 sets
10 reps
up to 110 lbs

▶ **Alternating Dumbbell Curls**
4 sets
10 reps
up to 35 lbs



N-LARGE²

Prolab® N-Large² is a powerful mass-gaining support formula designed to promote size and weight on even the hardest gainers. It's low in lactose and packed with high levels of naturally occurring branched-chain amino acids (BCAAs) and glutamic acid (which converts to glutamine in the body). BCAAs have been shown to preserve lean body mass and may aid in muscular recovery.†

We use high-quality whey protein exclusively for its superior amino acid profile and unbeatable bioavailability. Our proprietary blend of high-glycemic maltodextrin and low-glycemic crystalline fructose helps quickly replenish the body's glycogen stores. Great as a post-workout recovery drink, and instantized for easy mixing without a blender.†

Prolab® N-Large² is a great-tasting product that provides muscle-growing calories without having to eat constantly or feel distended and bloated.†

Available flavors:
Chocolate, Vanilla and Strawberry.



Stan's Workout Tuesday

Legs

▶ **Leg Extensions**
4 sets
15 reps
up to 100 lbs

▶ **Squats**
5 sets
10 reps
up to 425 lbs

▶ **Leg Presses**
4 sets
10 reps, "a ton"
(weight varies).

▶ **Hamstring Dead Lift**
4 sets
10 reps
up to 315 lbs

▶ **Lying Leg Curls**
4 sets
10 reps
up to 150 lbs

▶ **Standing Calf Raises**
4 sets
15 reps
up to 150 lbs

▶ **Seated Calf Raises**
4 sets
15 reps
up to 150 lbs

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Rock Solid



PROLAB® PURE GLUTAMINE

Glutamine is the single most abundant amino acid found in the skeletal muscle and is heavily metabolized under intense training conditions. This flavorless, easy-mixing, pure, free amino acid formula helps increase immune function and enhance your training and nutrition program.†

Clinical studies reveal that glutamine supplementation can help support recovery after intense training by promoting energy repletion, maintaining a healthy immune system and maximizing your body's buffering capacity against acid build-up.†



CREATINE

Creatine is a natural substance found in the body which plays a powerful role in energy metabolism. Oral supplementation of creatine can help maximize energy output during intense training to help you reach the next level. Increases in intramuscular creatine phosphate levels can lead to increases in peak muscular strength, enabling increased lifting and, accordingly, increased muscle fiber size.†



PROLAB® WHEY AMINO 2000™

A high-potency amino acid formula containing 2000 mg of pure, naturally occurring L-form amino acids scientifically proportioned to meet your nutritional needs. It derives its protein source from pancreatic digest of whey, which has a high Protein Efficiency Ratio (PER) and a bioavailability rating higher than that of egg protein.†

Athletes require greater protein intake than sedentary individuals in order to remain in positive nitrogen balance, which is necessary to promote protein accretion and muscle growth.†

Stan's Workout Wednesday

Back

▶ **Barbell Rows**
4 sets
8 - 10 reps
up to 275 lbs

▶ **Cable Row**
4 sets
8 - 10 reps
up to 250 lbs

▶ **Down a Prolab Shake**

▶ **Pull Down**
4 sets
8 - 10 reps
up to 220 lbs

▶ **Dumbbell Shrugs**
4 sets
8 - 10 reps
up to 150 lbs

▶ **Barbell Shrugs**
4 sets
8 - 10 reps
up to 315 lbs



"I add about 30 g of Glutamine per day for recovery, and Creatine to increase muscular strength off-season."

STAN MCQUAY

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AMINO GELCAP

This easy to swallow amino acid supplement offers a complete spectrum of essential and nonessential amino acids. It helps promote positive nitrogen balance during intense training programs (essential to maximize lean mass).†

Prolab® Amino Gelcap is formulated without fillers or binders in a gel cap that readily dissolves to deliver high quality nutrients. Combined with intense training and proper nutrition, Amino Gelcap can help support recuperation, lean mass and strength.†



BCAA PLUS CAPS

Branched-chain amino acids (BCAAs) are known as "building blocks" because they are responsible for protein synthesis. Studies show BCAAs are important for preservation of lean muscle mass and recuperation. And they are essential - they must be supplied through your diet.†

Prolab® BCAA Plus is a high potency, super anti-catabolic formula containing the essential amino acids L-Leucine, L-Valine and L-Isoleucine. These three protein sparing amino acids are known as Branched Chain Amino Acids.†



CUTS II

Prolab® Cuts II is a maximum potency formula designed to supplement your training program in order to help support fat and energy metabolism, promote lean body mass and help the body rid itself of excess water weight.†

Cuts II was specifically formulated to complement your intense training program, providing key nutrients such as L-carnitine, chromium picolinate, lipotropics and herbs which have been found to maximize weight loss programs. This formula also contains key essential nutrients like vitamin B6 and potassium.†

Stan's Workout Thursday

Shoulders & Triceps

Shoulders

▶ **Military Press**
3 or 4 sets
10 reps
up to 225 lbs

▶ **Dumbbell Press**
3 sets
8 - 10 reps
up to 120 lbs

▶ **Lateral Raises**
3 sets
8 - 10 reps
up to 45 lbs

Triceps

▶ **Skull Crushers**
3 sets
8 - 10 reps
up to 150 lbs

▶ **Dumbbell Kickbacks**
3 sets
8 - 10 reps
up to 55 lbs

▶ **Weighted Dips**
3 sets
8 - 10 reps
up to 90 lbs

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Rock Solid



ENHANCED CLA™

CLA (Conjugated Linoleic Acid) is a naturally occurring free fatty acid found mainly in meat and dairy products in small amounts. In laboratory studies, 1-3 grams of CLA daily has shown to preserve lean body mass and reduce body fat. Prolab® CLA delivers 533 mg per softgel, equivalent to 1.6 g CLA, taken three times daily.†

Stan's Workout Friday

Miscellaneous Day

Works on whatever feels "weak" or whatever didn't get worked

Sat - Sun off

LIQUID L-CARNITINE

L-carnitine is essential for the transport of fat into the body's fat burning factories. Clinical research has also shown that L-carnitine supports athletic performance in endurance athletes. Take Prolab® L-Carnitine to maximize L-carnitine levels and support athletic performance.†

METABOLIC THYROLEAN™

Prolab® Metabolic Thyrolean™ is a cutting edge formula designed to be used in conjunction with a reduced calorie, healthy diet and exercise program. We combine guggulsterones, tyrosine, phosphates, phosphatidyl-choline and garcinia cambogia into one of the most unique weight loss blends available on the market today.†

Stan's Insider Tip

"Friday's a chance to catch up on my weak body parts. I might even hit a body part again on this day."

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THERMA PRO®

Prolab® Therma Pro® Ephedra Free was developed for those who desire a high-energy thermogenic formula that stimulates metabolic rate and promotes fat loss without the use of ephedra or ephedrine alkaloids. This advanced formula combines the benefits of three highly potent ingredients with supporting herbs for maximum efficiency, including the patented ingredient ForsLean® (Colens forskohlii extract), which promotes the release of cAMP (Cyclic adenosine monophosphate) resulting in more fat mobilization for a leaner body; and Advantra Z® (bitter orange extract), for its ability to support metabolic rate when combined with caffeine.†

ForsLean® is a registered trademark of Sabinsa Corporation. Advantra Z® is a registered trademark of Nutratech, Inc.

PHOSPHOCREATINE POWER

Prolab® Phosphocreatine Power is the ultimate muscular strength, power and volumizing formula. This advanced formula may help improve the mass development process, boost isometric workout power and help increase endurance. Our unique formula provides phosphate groups together with creatine, which has been shown to increase the levels of intramuscular phosphocreatine.†

CAFFEINE

Caffeine stimulation may improve performance of skeletal muscles during exercise and augment pumping action of the heart. Each Prolab® Caffeine tablet contains 200 mg of caffeine plus 8% of the adult Daily Value of calcium.†

Stan's Daily Menu

Meal 1. 6:45am

Breakfast
N-Large shake in bed
7:00am
12 egg whites with water to drink
1 cup oatmeal
1 scoop Prolab Whey Protein Isolate

Meal 2. 10:00am

2 chicken breasts
1 yam with nothing on it
1 cup broccoli

Meal 3. 1:00pm

10 oz. flank steak
1 yam
1 cup green beans

Meal 4. 3:00pm

50 grams Prolab Whey Protein Isolate
10 grams Glutamine
10 BCAA Plus Caps

4:00pm Workout

Meal 5. 4:30pm

During workout
50 grams Prolab Whey Protein Isolate
sipped throughout the workout

Meal 6. 6:00pm

Post workout
50 gram Prolab Whey Protein Isolate
Prolab Creatine
10 grams Glutamine
10 BCAA Plus Caps

Meal 7. 7:00pm

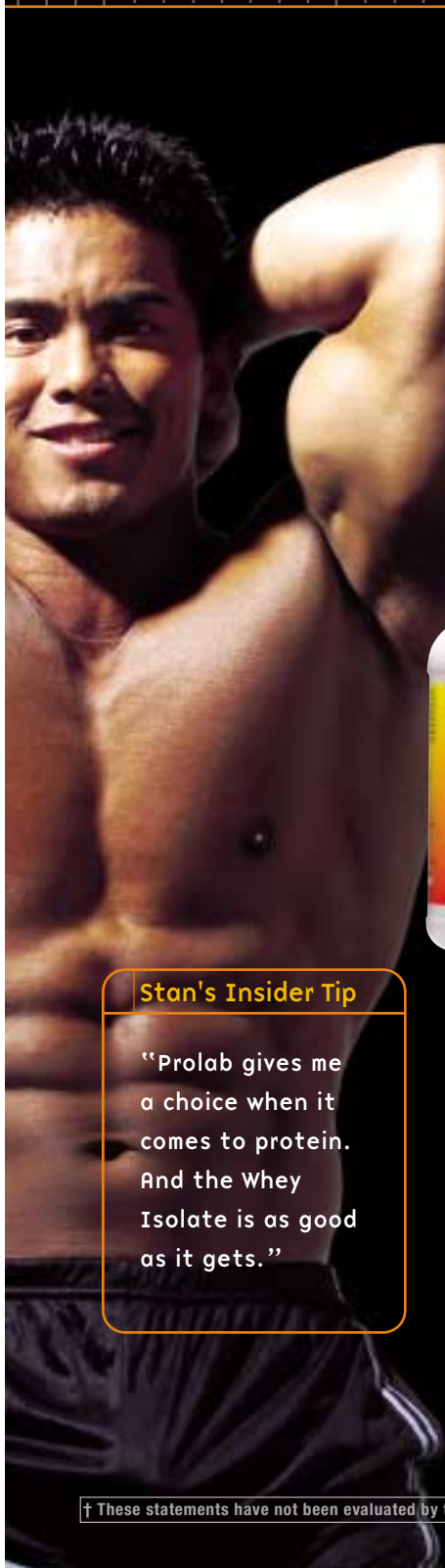
2 chicken breasts or
10 oz. flank steak, 1 yam
Salad with olive oil and balsamic vinegar

Meal 8. 10:00pm

6 oz. salmon and broccoli

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Rock Solid



CARB INTERCEPT®

Prolab® Carb Intercept® supports a low-carb lifestyle by neutralizing carbohydrates found in starch-containing foods. It provides a clinically tested ingredient, Phase2®, which inhibits the enzyme responsible for digesting starch found in many foods such as breads, cereals, rice, pasta and more.†

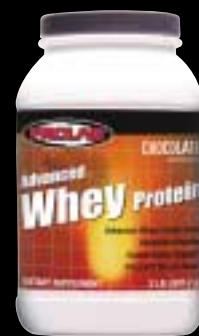


PURE WHEY

Prolab® Pure Whey is a great tasting, high quality whey protein formula that helps support the protein needs of heavy athletic training and helps maintain positive nitrogen balance, the perfect environment for muscle growth, recuperation and repair.†

This product contains high levels of naturally occurring branched-chain amino acids (BCAAs) and glutamic acid. (BCAAs have been shown to preserve lean body mass and may aid in muscular recovery.) Micro- and ultra-filtration at low temperature produces a super clean, undenatured, high-protein, nitrogen-boosting powder. Prolab® Pure Whey is enhanced with glutamine peptide, instantized for easy mixing, and aspartame free.†

Available flavors:
Chocolate, Vanilla and Strawberry.



ADVANCED WHEY

We've taken our Pure Ion Exchange Whey Protein and combined it with partially hydrolyzed whey protein isolate, then enhanced it with glutamine peptides. The result: **Prolab® Advanced Whey**, a special protein formulation designed to help maximize your hard-earned lean body mass.†

Available flavors:
Chocolate and Vanilla.

Stan's Insider Tip

"Prolab gives me a choice when it comes to protein. And the Whey Isolate is as good as it gets."

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PROLAB WHEY ISOLATE

Quality whey proteins have been associated with many healthful benefits including positive nitrogen balance, weight management and increased immune function, important to any hard training athlete.†

Whey isolate is the highest quality protein available on the market. Prolab® Whey Isolate has been formulated to taste great and mix easily and is best used right before or after a workout, between regular meals or anytime you need additional protein throughout the day.

Available flavors:
Chocolate, Vanilla and Strawberry.



Stan's Nutritional Tips

▶ "Chicken, egg whites, flank steak and raw fish (sashimi) are good sources of protein."

▶ "Try to stick with low-glycemic complex carbohydrates, like fiber-rich whole grains, broccoli and cauliflower."

▶ "When ripping up, I increase my protein intake and decrease carbs, helping ignite the fat-burning process."

▶ "Eat smaller, more frequently. And make it nutritious! 'Three square meals' is a thing of the past."

▶ "It's simple - train hard, eat right, get your rest and take your Prolab supplements!"

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Rock Solid



Chris Cianculli (NY) holds a Masters in the field of exercise physiology and has been a personal trainer for the New York Islanders hockey team. Chris won the championship title in the Light Heavyweight Class at the New York Amateur Grand Prix.



Jennifer Searles (NY) is nationally ranked in NPC's figure division and is working toward her Pro Card. She holds certifications in personal training, strength conditioning, pre/post natal fitness training, and nutrition consulting; and is a SAG/AFTRA actress and real estate administrator.



Hugo Rivera (FL) is a certified personal trainer, sports nutrition specialist and computer engineer with his own fitness and nutrition website. Co-author of The BodySculpting Bible for Men and The BodySculpting Bible for Women, Hugo is currently working on The Hardgainer's Handbook of Bodybuilding.



Ron Brown (NY) competes in national-level competitions and has been a team member for more than five years. He's also a New York City police detective and is Team Prolab's first member.

MEET TEAM PROLAB

Team Prolab Athletes not only compete in bodybuilding events, they attend tradeshow, appear at sports nutrition stores, and help people get the most out of Prolab Nutrition products.



Charles "Sting" Ray Arde (CA) is a top national-level bodybuilder and personal trainer who always aims to "sting" his competition at the next upcoming contest or championship.



1 800 PROLAB 1
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