

# Plant-Based Bioactive Peptides for Athletes\*

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## WHAT ARE PRO-FORMANCE PEPTIDES™?

Pro-Formance Peptides™ by Designs for Sport® harnesses the power of PeptiStrong™, a cutting-edge, plant-based bioactive peptide derived from fava beans (*Vicia faba*). This innovative supplement is engineered to support muscle strength, endurance, recovery, retention, and overall performance.\* It is ideal for athletes and fitness enthusiasts seeking to fuel their performance and maintain healthy muscle function.\* The bioactive peptides in PeptiStrong™ were discovered and isolated through advanced lab testing and AI machine learning, ensuring the highest potential clinical benefits for muscle health.<sup>1</sup>

## HOW PRO-FORMANCE PEPTIDES™ WORKS

Maintaining healthy muscle mass is essential for more than just athletic performance; it also impacts overall health, including heart health, metabolic health, cognitive function, physical independence, and injury recovery.<sup>1</sup> Skeletal muscle is crucial in maintaining a healthy body composition, metabolic rate, and overall physical function.<sup>2</sup> It also functions as an endocrine organ, producing myokines that regulate metabolism, inflammation, and other systemic processes.<sup>3,4</sup> Pro-Formance Peptides™ supports muscle health by balancing muscle protein synthesis and breakdown.\* This balance lowers the association of certain muscle-wasting conditions, such as sarcopenia,<sup>2</sup> and to support recovery from physical activity.\* The bioactive peptides in PeptiStrong™ support muscle protein synthesis by upregulating key pathways like mTOR and phosphorylated-S6.<sup>2</sup> Additionally, they support a healthy inflammatory response post-exercise by reducing tumor necrosis factor-alpha (TNF- $\alpha$ ) secretion, thereby promoting muscle health and recovery.<sup>5,6</sup>



## FORMULA HIGHLIGHTS

Powered by PeptiStrong™, Pro-Formance Peptides™ delivers 2.4 g of highly absorbable bioactive peptides per serving. One clinical study demonstrated that PeptiStrong™:

- Helped increase muscle recovery rate by 144%<sup>1</sup>
- Helped increase performance recovery by 54%<sup>1</sup>
- Helped reduce muscular fatigue by 47%<sup>1</sup>

Pro-Formance Peptides™ is gluten-free, dairy-free, soy-free, vegan, and non-GMO, making it suitable for a wide range of dietary needs.

## BENEFITS FOR MUSCLE STRENGTH, ENDURANCE, AND RECOVERY\*

PeptiStrong™ supports muscle health by promoting muscle protein synthesis, reducing muscle atrophy, and supporting muscle fiber density.<sup>2,5</sup> One of the potential benefits of Pro-Formance Peptides™ is the product's ability to support healthy muscle recovery and endurance, particularly following intense physical activity or resistance training.\* Intense exercise can cause muscle damage, leading to delayed onset muscle soreness (DOMS),<sup>1</sup> which can negatively impact athletic performance. Pro-Formance Peptides™ may help mitigate the development of DOMS.<sup>1</sup> By supporting muscle recovery, these peptides may help athletes maintain their performance levels and reduce downtime between training sessions.\*

## CLINICAL EVIDENCE

PeptiStrong™ is a cutting-edge new ingredient at the forefront of emerging research, with ongoing studies in progress. In a randomized, double-blind, placebo-controlled trial involving 30 healthy men aged 30 to 45, subjects who took 2.4 g of PeptiStrong™ daily for 14 days post physical exertion showed significant improvements in muscle recovery and performance.<sup>1</sup> The study found that the PeptiStrong™ group was able to maintain their muscle strength with no significant reduction 48 hours after intense physical exertion and even experienced a significant increase from baseline after 72 hours, translating to a 144% increase in muscle recovery rate. In contrast, the placebo group experienced a significant decrease in muscle strength after 48 hours and did not return to baseline at 72 hours.<sup>1</sup> Additionally, the PeptiStrong™ group displayed a 54% increase in isokinetic leg extension performance and a 47% reduction in muscular fatigue compared to the placebo group, highlighting the supplement's potential clinical benefit in promoting athletic performance and muscular endurance.<sup>1</sup>

Beyond performance metrics, the PeptiStrong™ group also exhibited notable changes in myokine activity. Myokines are cytokines released by muscle cells in response to muscular contractions and can indicate muscle tissue injury. The PeptiStrong™ group experienced a significant 56% reduction in myostatin release, which supports an anabolic response and promotes muscle protein synthesis.<sup>1</sup>

In a separate clinical study, a larger serving size of 10 g/day of PeptiStrong™ was compared with milk protein concentrate (MPC) during seven days of leg immobilization followed by 14 days of remobilization.<sup>7</sup> The PeptiStrong™ group demonstrated increased myofibrillar protein synthesis rates during remobilization compared to the MPC group<sup>7</sup>, suggesting potential benefits when combined with other protein sources like whey protein.\*

### HOW TO USE PRO-FORMANCE PEPTIDES™

This supplement may be beneficial when used alongside other performance-supportive ingredients such as collagen peptides, creatine monohydrate, and complete proteins, with expected complementary effects. Based on an in vitro study (submitted for publication), Pro-Formance Peptides™ may have synergistic and additive effects in promoting muscle health and performance when combined with leucine.\*

### BENEFITS

- Supports optimal muscle development and maintenance, which is crucial for athletes aiming to build and preserve muscle mass.<sup>1,2,7</sup>
- May help counteract the natural age-related decline in muscle strength, helping athletes stay strong and competitive.<sup>2,7</sup>
- May help maintain a lean physique and efficient metabolic function, essential for peak athletic performance.<sup>1-4,7,8</sup>
- Contributes to overall well-being and physical health, helping athletes to remain active and perform at their best over the long term.<sup>2,7</sup>
- Promotes faster recovery of muscle strength after intense workouts, helping to mitigate downtime and support training effectiveness.<sup>1,2,7</sup>
- May help promote endurance capacity, helping athletes push through challenging workouts and competitions.<sup>1,2</sup>
- Supports healthy exercise-induced inflammatory responses, promoting recovery and attenuating muscle soreness.<sup>1,2,5</sup>

### HOW TO TAKE

For optimal results, it is recommended to take 4 capsules of Pro-Formance Peptides™ per day or as directed by a health-care practitioner.



Five distinct clinical benefits in each serving:

## Supplement Facts

Serving Size 4 capsules  
Servings per Container 30

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	1 g	1%*
Protein	1 g	0%*
PeptiStrong™ Fava Bean ( <i>Vicia faba</i> ) Protein Hydrolysate	2.4 g	**

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

PROMOTES A HEALTHY INFLAMMATORY RESPONSE TO EXERCISE\*

PROMOTES MUSCLE GROWTH\*

PROMOTES MUSCLE PROTEIN SYNTHESIS\*

HELPS REDUCE MUSCLE BREAKDOWN\*

BOOSTS OVERALL ENERGY LEVELS\*



SOY-FREE



GLUTEN-FREE



DAIRY-FREE



0 GRAMS SUGAR



NON-GMO



HIGHLY ABSORBABLE\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Consult your health-care practitioner prior to using this product if you are pregnant, nursing, taking medication, under 18 years of age, or have a medical condition.

PPS120-DS

# References

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