



Racing • Performance • Recovery • Health



Electrolytes and Trace Elements 21.2g Vitamins 5.2g Amino Acids 7.6g

Role of Some of the Nutrients Found in Pro-Dosa BOOST

Vitamin C (Ascorbic Acid)	Has a role in maintaining healthy cartilage, tendons and bone Necessary for the absorption of Iron from the gut Stabilizes cell membranes Is a potent antioxidant, protecting muscle cells from damage by free radicals produced in exercise
Vitamin B1 (Thiamin)	Has a role in the metabolism and maintenance of normal muscle and nerve function Has a role in assisting in the maintenance of normal appetite and body weight Has a role in recovery from exercise
Vitamin B2 (Riboflavin)	Is required for normal general metabolism, growth, and red blood cell production Has a role in maintaining integrity of skin, mucous membranes
Vitamin B3 (Niacin)	Involved in general metabolism and red blood cell formation Has a role in maintaining normal healthy skin and hair condition
Vitamin B5 (Pantothenic Acid)	Has a role in normal energy metabolism, reproduction, growth and nerve function Involved in transmission of nerve impulses Needed for health of skin and hair Is involved in red blood cell production
Vitamin B6 (Pyridoxine)	Has a role in normal general metabolism, nervous system function, normal healthy skin and vision Is involved in red blood cell formation
Vitamin B12 (Cyanocobalamin)	Has a role in general metabolism, nervous and reproductive function Has a role in blood cell production
Folic Acid	Involved in general metabolism Involved in the formation of white blood cells, red blood cells, and haemoglobin
Choline	Is involved in metabolism of fats Has a role in transmitting nerve impulses
Sodium and Chloride	Has a role in maintaining normal electrolyte balance in body tissues during heavy exercise Has a role in recovery after strenuous exercise
Potassium	Has a role in maintaining cellular integrity and healthy nerve and muscle function Has a role in muscular contraction, nerve function and relaxation of the heart muscle
Phosphorous	Has a role in general metabolism and nerve function Is involved in the normal formation of bones, muscles and teeth
Calcium	Has a role in normal growth and maintenance of bones, teeth, nervous system, muscle function, blood clotting mechanism and cardiac function
Magnesium	Has a role in general metabolism, the formation of bone and teeth Is involved in maintenance of nervous function
Copper	Has a role in iron metabolism, bone development, and maintenance of elastic connective tissue
Iron	Has a role in maintaining normal metabolism Is a component of haemoglobin in red blood cells
Manganese	Has a role in general metabolism, development of bone, cartilage and connective tissue
Zinc	Has a role in general growth and metabolism, healthy coat, skin, mucous membranes, and hooves. Is required for normal bone and cartilage development
Histidine, Lysine, Phenylalanine and Glutamic Acid	Are involved in normal growth Are involved in normal protein synthesis and energy production
Arginine	Has a role in promoting release of metabolic hormones – insulin and growth hormone Is involved in the immune response
Methionine	Aids liver in detoxification mechanisms
Threonine	Required for normal growth, feed conversion and nitrogen balance in tissues
Tryptophan	Has a role in normal growth and the synthesis of Niacin (vitamin B3) Has a role in nerve cell function
Carnitine and Aspartic Acid	Are involved in energy production and muscle function
Isoleucine, Leucine, and Valine	Are involved in normal growth Are involved in normal protein synthesis and energy production