



adult life

a scientific edge

Nutrition influences how well a soldier can train and fight. An optimal diet will be helpful in delaying fatigue, improving performance during training or combat, and avoiding injuries.



Nutrition and the military are fundamentally entwined. Without a regular supply of food and water, no army can hope, or expect to successfully prevail in its principal role: warfighting. Appropriate food, in terms of both quality and quantity, and adequate hydration are required to ensure that the physical capacity and mental performance of military personnel remain at optimal levels. Nutrition is a major contributor to the wound healing process in those who are injured, as well as influencing their subsequent recovery and rehabilitation.



*Scientifically
formulated.*

*Emphasis on strong
immunity and
performance*



ProLong Military

is a scientifically formulated nutritional milk powder blend designed to nourish the soldiers body based on premium ingredients.

Performance benefits

- Enable you to train and perform at your top level
- Increase your energy
- Increase your endurance
- Shorten your recovery time between activities
- Enable you to stay calm
- Increase your motivation
- Improve mental and physical performance
- Prevent chronic disease like diabetes and high blood pressure
- Help maintain appropriate weight



High Protein

Protein is one of the foundational nutrients that make up your body.

Every cell in your body relies on protein to function and particularly muscles, during physical exertion.

Protein is essential for healing, building and repairing cells and body tissue.

Without protein, your body starts to break down muscle mass and bone strength.

A diet high in protein can protect you from losing muscle. Iron carries oxygen in the body, aids in the reproduction of red blood cells, supports immune function. Calcium makes and keeps your bones and teeth strong and helps muscles function. Magnesium maintains normal muscle and nerve function, keeps your heart rhythm steady, supports a

Prebiotic fibers help feed and strengthen probiotic bacteria. Taking the two in combination can help make your probiotics more effective. Prebiotics and probiotics help the body in building and maintaining a healthy colony of bacteria and other microorganisms, which supports the gut and aids digestion. Probiotics are friendly bacteria that are essential in maintaining a healthy digestive and immune system, boosting vitality. Protecting us from getting sick healthy immune system.

Nucleotides are nonprotein nitrogenous compounds that play a role in almost all biological processes; they are the building blocks for DNA and RNA. Nucleotides have been identified as conditionally essential nutrients to achieve optimal growth, repair and maintenance of tissues. Nucleotides improve the maturation of the immune system and the gut.

Antioxidant to support immune health FOS & GOS prebiotic & probiotic to build and maintain immune health High Iron & Calcium are necessary to support bone structure Vitamin D strengthens the deterioration of normal muscle function

Boosting the Immune System

Iron carries oxygen in the body, aids in the reproduction of red blood cells, supports immune function.

Calcium makes and keeps your bones and teeth strong and helps muscles function.

Magnesium maintains normal muscle and nerve function, keeps your heart rhythm steady, supports a healthy immune system.

Vitamin A ensures the proper development and function of your eyes, skin, immune system.

Iron carries oxygen in the body, aids in the reproduction of red blood cells, supports immune function.

Lactoferrin key pathogen-fighting property is its ability to sequester iron. Many pathogenic bacteria thrive on iron, and lactoferrin stops the bacteria's progress by making iron unavailable to them.

Lactoferrin functions as a natural antioxidant by binding to free ferric ions and inhibiting the formation of free radicals.

Lactoferrin has a demonstrated inhibitory effect on a number of viruses and is thought to bind directly to viral particles and inhibit their replication. It has been shown to have anti-inflammatory effects and build a stronger immune system.



Soldiers must perform and excel at a professional level, just like any world-class athlete. Performance is a word Soldiers hear frequently throughout their military careers. They are rated on performance in training, on the job, and on the Army Combat Fitness Test. Fuelling for success optimizes Soldiers' training and performance

Nutrition for performance

Performance fueling requires “nutrient rich meals” and builds on nutritional fitness. Eating nutrient-rich foods supports muscle growth, recovery, tissue repair, immune function, and will improve mental and physical performance. In addition, good nutrition can help Soldiers maintain an appropriate weight and help reduce the risk of chronic disease. By eating the right balance and variety of foods, Soldiers will get all the nutrients (carbohydrate, protein, fat, water, vitamins, and minerals) they need for performance and health.



We have many years dairy industry experience firstly manufacturing premium ice cream and yogurts then establishing a Nutritional infant & adult formula company in 2011.

We have invested extensively in research & development capabilities here and overseas.

We have established an alliance with a leading local and internationally acclaimed dairy company prominent in regional Victoria and Australian dairy farming and processing.

Along with our investigative team, we have access to immense technical support and a range of dairy ingredients that are unmatched in the world.



This document has been prepared by Simon Hansford.

The “Adult Life” brand Melbourne Australia.
ProLong Military product is manufactured locally from 100%
Australian dairy ingredients and nutrients.

