

fresh focus



# green protein!

A plant-based diet benefits your health in boundless ways. Supplementing with ProPeas delivers a vegan source of protein, a vital macronutrient required for strong, healthy muscles.

## ProPeas Protein Pros

- Increases energy
- Alkalizes your body pH
- Boosts your metabolism
- Supports weight management
- Provides high-quality, plant-based protein
- Delivers essential amino acids your body cannot produce
- Builds, repairs and maintains lean and healthy muscle mass

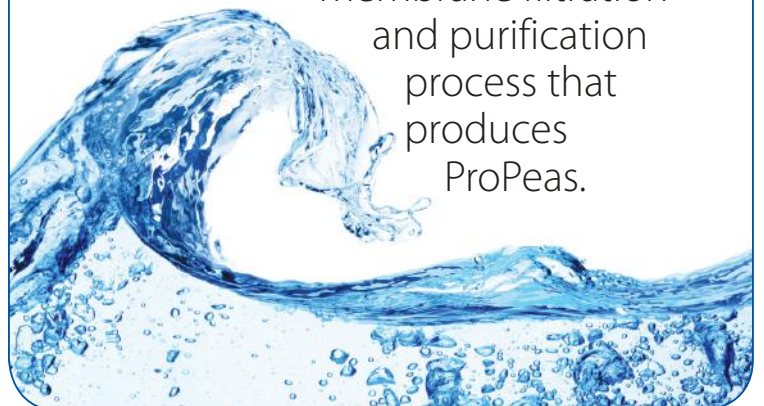
ProPeas helps you to achieve weight loss goals. One serving of ProPeas takes over 4 hours to digest, leaving you feeling fuller for a longer period of time from only 60 calories!

### Did you know ... ?

People begin to lose muscle mass usually in their 30s. This natural part of aging accelerates the older a person gets. Exercise is vital to prevent and reverse it, and protein intake needs to be increased for muscles to continue to grow and get stronger.

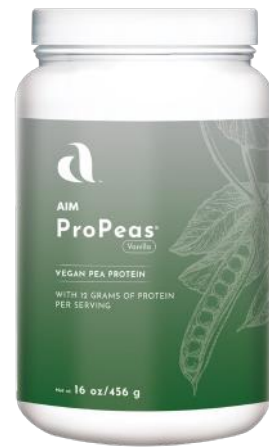
### CLEAN AND PURE PEA PROTEIN!

Only water is used in the clean membrane filtration and purification process that produces ProPeas.



# Health Benefits of ProPeas Pea Protein

- Keeps the immune system strong
- Needed for healthy skin, hair and nails
- The body does not store protein and is therefore essential for a healthy diet!



## Signs That You Need More Protein:

- ✓ Brain fog
- ✓ Weakness
- ✓ Fatigue
- ✓ Hair thins, falls out
- ✓ Cravings for sweets
- ✓ Trouble sleeping
- ✓ Brittle nails
- ✓ Muscle and joint pain
- ✓ Weight gain



ProPeas takes 4 hours to digest leaving you fuller longer



Whey and soy proteins are digested quickly, leaving you hungry in 90 minutes

	ProPeas protein	Whey protein	Soy protein
Non-allergen	✓	✗	✗
Alkalizing	✓	✗	✓
Non-GMO	✓	✓	✗



## Reasons to Add MORE Protein to Your Diet

Fifteen percent of your total calories consumed should be protein. There are certain situations where you may want to increase protein intake temporarily:

- 1 **Weight loss:** Protein provides satiety
- 2 **Metabolic conditions:** Proteins have a stabilizing effect on blood sugar
- 3 **Athletes training hard:** To build muscle
- 4 **The elderly:** To maintain muscle mass. Loss of muscle mass is a huge problem among the aging
- 5 **People under stress:** To keep the system balanced

### Complete Protein vs ProPeas (mg per g)

Amino Acids	Complete Protein	ProPeas	%
<b>Tryptophan</b>	7	6	82%
Threonine	27	39	144%
Isoleucine	25	54	218%
Leucine	55	103	187%
Lysine	51	61	120%
Methionine + Cystine	25	20	78%
Phenylalanine + Tyrosine	47	91	194%
Valine	32	55	172%
Histidine	18	23	130%
		Average:	147%

ProPeas has a great average AA profile at 147% (compared to the complete protein criteria).

**Tryptophan**, methionine and cystine are low, but are high in sulfur, which has an acidic effect on the body.