

protein

NUTRITIONAL SHAKE

16g PROTEIN | **9g** FIBER | **2.6g** BCAAs | **0g** TRANS FAT



Size: 1.94 LBS (882 G) | Serving Size: 1 Scoop (31.5 G) Servings Per Container: 28

Naturliga™ Protein is a new and exciting all natural, 100% plant-based vegetarian protein. **Naturliga™ Protein** provides a pure and high quality pea protein isolate delivering 16 grams protein and 9 grams fiber per serving. **Naturliga™ Protein** is dairy and soy free, gluten free, cholesterol free, is non-GMO, made with natural flavors and contains no artificial colors. It is easily digested, hypoallergenic and perfect for vegans/vegetarians or anyone looking for a great tasting and satisfying protein shake.

Naturliga™ Protein contains pea protein isolate derived from Canadian yellow peas which offers a high level of quality and composition and designed to optimize positive nitrogen balance and support weight management, satiety and lean muscle. The vegetarian protein delivers a high level of functionality and nutrition. Published research shows that vegetable proteins are as effective in enhancing muscle protein synthesis and recovery compared to whey protein in addition to offering a high level of functionality and nutritional benefits.†

Pea Protein Isolate is a 100% pure, hypoallergenic plant-based protein with an excellent array and balance amino acid providing a high biological value. Our vegetarian protein is greater than 80% protein and the amino acid profile is similar to whey protein and is particularly rich in glutamine and the BCAAs (branched-chain amino acids) that include leucine, isoleucine and valine. **Naturliga™ Protein** delivers 2.7g glutamine and 2.6g total BCAAs with 1.1g leucine alone. Pea protein is an intermediate digesting protein.

Naturliga™ Protein is highly soluble, easily digested and delivers highly bioavailable ingredients.†

Naturliga™ Protein makes it easy to enjoy a high quality, reduced calorie nutritional shake ensuring an abundant of protein, fiber and phytonutrients. It is ideal to use before, during and after exercise, in between-meals and as a bedtime shake. This continuous flow of calories and protein helps to saturate your muscles with fuel and amino acids for optimal protein synthesis.†

Naturliga™ Protein is made in the U.S.A. in a manufacturing facility that meets current Good Manufacturing Practices (cGMP) Containers are manufactured to U.S.A. and European Union cGMP standards and tested to be contaminant-free of bisphenol A (BPA), phthalates, polycarbonated biphenyls (PCBs) and dioxins.

Typical Amino Acid Profile (Per Serving)	
Amino Acid	g/31.5g Serving
Alanine	0.7 g
Arginine	1.3 g
Aspartic Acid	1.8 g
Cystine/Cysteine	0.2 g
Glutamine	2.7 g
Glycine	0.6 g
Histidine ^e	0.4 g
Isoleucine** ^e	0.7 g
Leucine** ^e	1.1 g
Lysine ^e	1.1 g
Methionine ^e	0.2 g
Phenylalanine ^e	0.8 g
Proline	0.7 g
Serine	0.8 g
Threonine ^e	0.6 g
Tryptophan ^e	0.1 g
Tyrosine	0.6 g
Valine** ^e	0.8 g

**Branched-Chain Amino Acid
^eEssential Amino Acid – an amino acid that cannot be made by the body

key features:

- Made With Natural Ingredients
- No Artificial Colors or Sweeteners
- Easily Digested and Hypoallergenic
- Supports Weight Management, Satiety and Lean Muscle†

key messages:

- Features modern plant-based protein including Pea Protein Isolate and Rice Protein delivering 16g protein per serving.
- The protein sources contain all the essential amino acids including the branched-chain amino acids (BCAAs) leucine, isoleucine and valine. The BCAAs, especially leucine, have powerful anabolic effects on protein metabolism by increasing the rate of protein synthesis, decreasing the rate of protein degradation, and promoting recovery.†
- Delivers 2.6g per serving of the BCAAs.
- Provides 9g per serving of beneficial dietary fiber.
- Made in the USA in a manufacturing facility that meets FDA current Good Manufacturing Practices (cGMP).
- Containers are manufactured to USA and European Union cGMP standards and tested to be contaminant-free of bisphenol A (BPA), phthalates, polycarbonated biphenyls (PCBs) and dioxins.
- Made with natural ingredients.
- Zero gluten, lactose and cholesterol.
- No sugars added, sweetened with Luo Han Guo (Monk Fruit).
- Low-fat.
- Instantized for easy mixing and assimilation.
- Delicious and satisfying flavors!



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

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chocolate

vanilla

Nutrition Facts

Serving Size: One (1) Scoop (31.5 g)
Servings Per Container: 28

	Amount Per Serving	% DV*
Calories	125	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Potassium	120 mg	3%
Total Carbohydrate	13 g	4%
Dietary Fiber	9 g	36%
Sugars	1 g	
Protein	16 g	32%

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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		Calories	2000	2500
Total Fat	Less Than	65 g	80 g	
Saturated Fat	Less Than	20 g	25 g	
Cholesterol	Less Than	300 mg	300 mg	
Sodium	Less Than	2400 mg	2400 mg	
Potassium	Less Than	3500 mg	3500 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories Per Gram Fat 9 - Carbohydrate 4 - Protein 4

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Directions: In a shaker cup or blender, mix 1 scoop with 8 to 12 ounces of pure cold water. Add ice, sweetener, juice, fresh or frozen fruit or increase water content to customize taste preference.

Ingredients (Chocolate): Pea Protein Isolate, VitaFiber™-IMO (from Cornstarch), Natural Flavors, Luo Han Guo.

Ingredients (Vanilla): Pea Protein Isolate, VitaFiber™-IMO (from Cornstarch), Natural Flavors, Luo Han Guo.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soybeans.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

WARNING: Consult a physician before starting any diet and exercise program and before using this product. Consult a physician before using this product if you are pregnant, nursing, trying to conceive, under the age of 18, have a medical condition or taking medications. Do not use this product for weight reduction. Very low calorie protein diets (below 400 calories per day) may cause serious illness or death.

target market:

Primary: Individuals that want a clean, pure and high quality vegetarian protein to promote weight management, satiety and lean muscle growth.

Secondary: Individuals that want an all natural vegetarian protein to incorporate into their health and wellness program.

recommended stack:

- **Vit-Acell**
- **Max Power Greens**
- **Max Glutamine**
- **GlycoSyn**

key references:

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3. McCrory MA, Hamaker BR, Lovejoy JC, Eichelsdoerfer PE. Pulse consumption, satiety, and weight management. Adv Nutr. 2010;1(1):17-30.
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6. Dahl WJ, Foster LM, Tyler RT. Review of the health benefits of peas (Pisum sativum L.). Br J Nutr. 2012 Aug;108 Suppl 1:S3-10.
7. Rubio LA, Perez A, Ruiz R, et al. Characterization of pea (Pisum sativum) seed protein fractions. J Sci Food Agric. 2014 Jan 30;94(2):280-7.
8. Kreider RB, Wilborn CD, Taylor L, et al. ISSN exercise & sport nutrition review: research & recommendations. J Int Soc Sports Nutr. 2010;7:7.
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10. Kreider RB, Campbell B. Protein for exercise and recovery. Phys Sportsmed. 2009;37:13-21.



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