



VITA-SOL
INTEGRATIVE SKIN CARE



ORGANIC PLANT PROTEIN WITH DIGESTIVE ENZYMES

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ORGANIC PLANT PROTEIN



NOURISH

With digestive enzymes
and fibre

24.5g of protein per serve.

465g / 15 serves / RRP \$72 AUD



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ORGANIC PLANT PROTEIN



Proteins are made up of many building blocks, known as amino acids. Our body needs dietary protein to supply amino acids for the growth and maintenance of our cells and tissues. Our dietary protein requirement changes throughout life.

Protein needs increase during adolescence, muscle recovery, wound healing, ageing.

The quality of a protein relates to the distribution and proportion of essential (9) and non-essential amino acids they contain. In general, animal-based proteins are of higher quality as they contain higher proportions of essential amino acids and complete protein compared to plant-based proteins.

Whey protein is considered superior to plant protein supplements due to its complete amino acid profile and BCAA's (Isoleucine, leucine and valine). Complete protein refers to all amino acids being present.

Pea Protein is low in Methionine while Rice Protein is low in Lysine. By combining the two proteins together they help to balance the amino acid profile of the finished product.

We need a combination of plant proteins to provide a complete amino acid profile.

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Amino acids are classified as either essential or non-essential. As the name suggests, essential amino acids cannot be produced by the body and therefore must come from our diet. Whereas non-essential amino acids can be produced by the body and therefore do not need to come from the diet



Non-essential amino acids	Essential amino acids
Alanine	Histidine
Arginine*	Isoleucine
Asparagine	Leucine
Aspartate	Lysine
Cysteine*	Methionine
Glutamate	Phenylalanine
Glutamine*	Threonine
Glycine*	Tryptophan
Proline*	Valine
Proline*	
Taurine*	
Tyrosine*	

**These are conditionally essential.* A nutrient that becomes essential under specific circumstances, meaning that the body can't produce enough of the nutrient and it must still be obtained from the diet. Amino acids, which means they are only essential under certain conditions (e.g. for newborns).



NOURISH

ORGANIC PLANT PROTEIN INGREDIENTS

Ingredients
Organic Sprouted Fermented Pea Protein
Organic Sprouted Brown Rice Protein
Natural Vanilla Flavour
Organic Ceylon Cinnamon Powder – natural sweet taste and supports blood glucose regulation
Organic Acacia Fibre – Soluble prebiotic fibre
Organic Sprout blend (Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Chickpea Sprout, Organic Lentil Sprout, Organic Adzuki Sprout, Organic Alfalfa Sprout, Organic Flax Sprout, Organic Sunflower Sprout, Organic Pumpkin Sprout, Organic Chia Sprout, Organic Sesame Sprout) – nutrient and prebiotic rich sprouted blend
Digestive Enzyme (Amylase, Protease, Lipase, Cellulase, Lactase) Blend – support digestion
Monk Fruit Extract Powder – Natural calorie free sweetener



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HOW TO TAKE

- 1 scoop (31g) in a smoothie or 300ml of water
- 24.5g of protein per serve
- Ideal to add to smoothies with other VITA-SOL Ingestible Skin Support Powders
- Supports hair, skin and nails, energy, weight management, recovery, menopause





CONTRAINDICATIONS

- Children under 15 years
- Pregnancy
- Allergies (Full ingredients label listed on the back of the packaging). This product does not contain known allergens however always check for allergies prior to recommending any ingestible product.





Key Selling Points

- Complete protein, contains all amino acids.
- Sprouted and fermented for superior nutrient bioavailability and easy digestion
- Fibre to support gut health and increased satiety
- Full spectrum digestive enzyme blend to aid protein digestion and general digestive support. May aid those that bloat after consuming certain foods e.g. legumes, wheat, dairy.
- 24.5 g protein per serve. One of the highest amounts of plant protein available.
- No emulsifiers, bulking agents, artificial flavours, synthetic vitamins, gluten, dairy, soy, added sugar and animal derived ingredients.
- ACO certified, third party certified organic.
- Perfect addition to smoothies to boost protein intake or for clients looking for a whey alternative





MORE INFORMATION



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