

# BROWN RICE PROTEIN POWDER

Natural Source of Vegetarian Protein



Source Naturals is pleased to offer you BROWN RICE PROTEIN POWDER—a nourishing, nondairy alternative to animal protein! BROWN RICE PROTEIN POWDER is hypoallergenic and low in fat. Unlike many soy and dairy protein products, it is easy on the digestive system. And it is available in a convenient powder that is perfect in smoothies, juices, or soups.

Many people choose vegetarian or vegan diets to avoid health concerns or ethical issues involved with eating meat. For these individuals, it is important to ensure an adequate intake of protein. This essential nutrient, which is particularly abundant in foods of animal origin, is the building block for your cells and is involved in virtually all your body's vital biological processes and functions.

The obvious choice for vegetarians and vegans, Source Naturals BROWN RICE PROTEIN POWDER is also a powerful supplement for athletes training to increase their muscle development, and a healthy protein source for individuals following a low-fat diet.

Source Naturals BROWN RICE PROTEIN POWDER provides nutritional support for Structure/Connective Tissue, one of the twelve SystemiCare™ deep metabolic systems identified by Source Naturals as critical for optimum health.



*Strategies for Wellness*™

## A Quality Food for Vegetarians and Vegans

The decision to follow a vegetarian or vegan diet need not limit your intake of essential nutrients. Research has shown that it is very possible for vegetarians and vegans to get sufficient protein when following a properly managed diet. Source Naturals created BROWN RICE PROTEIN POWDER to help you in this goal, by providing a high-quality, allergy-free, vegan-friendly protein supplement that works on the same powerful levels as animal-sourced proteins.

## Unlocking the Power of Protein

Proteins are the fundamental building blocks of life—each and every cell in your body relies on them to keep your systems up and running. To ensure that all the benefits of protein are fully unlocked, Source Naturals developed BROWN RICE PROTEIN POWDER as a highly concentrated protein powder that works harmoniously with your body's biochemistry.

Only the highest quality ingredients go into Source Naturals BROWN RICE PROTEIN POWDER. Unlike many other rice protein sources, this blend is made from premium, sprouted, whole-grain brown rice. The process of protein isolation is done enzymatically, using vegetable-derived enzymes that work without any chemical additives. The result: a better quality protein source.

## Why Brown Rice Protein?

Many people find soy protein difficult to digest, or it poses allergy problems; rice is highly digestible and is said to be hypoallergenic. Whey is a milk derivative and therefore unsuitable for those who don't want to consume dairy products, or want to limit their dairy consumption. People with lactose intolerance or other milk allergies cannot use whey protein. Source

Naturals BROWN RICE PROTEIN POWDER is highly digestible,



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hypoallergenic, and free of lactose and gluten.

## For Strength Training and Healthy Weight Management

If you are a bodybuilder or an athlete training to raise your muscle mass, Source Naturals BROWN RICE PROTEIN POWDER offers you an alternative to whey or soy-based protein powders. Rice protein contains minimal amounts of fat, which is naturally unsaturated, providing a great, low-fat, healthy protein alternative to supplement your weight loss program. Source Naturals BROWN RICE PROTEIN POWDER is designed to work in conjunction with a variety of exercise and diet programs to ensure that your body gets one of the most important macronutrients.

## Complementary to Your Healthy Lifestyle

As part of your comprehensive wellness regimen, Source Naturals BROWN RICE PROTEIN POWDER is the perfect supplement to maintain a healthy body. Its natural, animal-friendly sources ensure compatibility with your health-conscious lifestyle.

## References

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