

PRO-VEGATEIN™

*Complete and Lean Vegan Protein
with Peas and Rice*

**Highest-Quality Protein for Vegans and Vegetarians
Heart-Healthy Protein for Children and Adults**



Protein is the major building material for our bodies, but many of us don't get the optimal proteins for our health. Even knowing the benefits of plant-based proteins as an alternative to animal proteins, we are often challenged because most plants don't contain all the amino acids to provide a complete protein; proteins from different plant sources must be combined in order to get a complete protein.

This can be difficult, especially for those who are stressed for time. Further, many people don't know the optimum ratios to combine for greatest benefit.



Strategies for Wellness SM

Source Naturals PRO-VEGATEIN was formulated to provide a **complete**, natural vegetable protein powder made from yellow peas (*Pisum sativum*) and rice. It is a complete protein with all 20 amino acids and a scientifically selected ratio of proteins—highly bioavailable, easily digestible, concentrated, and perfect for vegans and vegetarians or anyone who wants a healthy alternative to meat, dairy, soy, or other protein products. Scientifically combined for optimum benefit, it is a highly digestible, highly bioavailable source of lean vegetable protein.

- Great way to supplement a vegetarian diet for those who have problems eating beans or soy, and suitable for children and adults
- As part of a low-carbohydrate, low-fat, high-vegetable protein diet, beneficial for positive weight management and lipid profile improvement
- Completes the protein profile of grain proteins due to high lysine content
- Non-GMO, 100% gluten- and cholesterol-free
- Flatulence-causing carbohydrates are removed
- Highly digestible, hypo-allergenic
- Easily incorporated into drinks, smoothies, shakes, crackers, chips, snacks, soups and other dishes

Source Naturals PRO-VEGATEIN is a great way to boost the protein in your diet.

What's All the Excitement About?

Many of us search to have the right amounts and types of protein in our diets: for heart health, healthy weight, and healthy glucose levels. Many athletes want to build lean muscle mass with high quality, low fat protein. And for vegans and vegetarians who may need extra protein, non-animal and non-dairy sources of complete proteins are often difficult to find.

Protein is a critical part of the adult diet. Recent studies show that eating more lean protein, including vegetable proteins like pea protein, while cutting back on refined carbohydrates, may benefit heart health, body composition, and carbohydrate metabolism. Diets with increased protein and reduced carbohydrates have been shown to improve glycemic regulation as well.

The Power of Proteins

Proteins are the essence of life, the foundation for numerous compounds in the body. They are the major functional and structural component of all cells of the body. All enzymes, blood transport molecules, the intracellular matrices, hair, fingernails, serum albumin, keratin, and collagen are proteins, as are many hormones and a large

part of membranes. Moreover, the constituent amino acids of protein act as precursors of many coenzymes, hormones, and other molecules essential for life.

- **Enzymes:** Enzymes are protein molecules that act as catalysts for most of our physiological processes.
- **Structural Proteins:** Structural proteins are the major building block of muscles. Other proteins form our bones, teeth, skin, tendons, cartilage, blood vessels, hair and nails.
- **Transport proteins:** Proteins are responsible for the flow of nutrients into and out of the cells.

Twenty standard amino acids comprise practically all of the body's protein. Some of these aminos can be synthesized from other substances in the body, while others—called essential amino acids—must be obtained from food. The body requires protein in its diet for growth, maintenance and repair.

But Which One is Best?

The **amino acid composition** of protein is the most important factor for choosing a dietary protein, and the goal is to eat quantities of the amino acids in optimal ratios: this allows the utilization of other amino acids and supports the body's own protein synthesis.

There are few vegetable sources of complete proteins. Many vegetarians

consume carbohydrate-rich foods, such as grains, breads and pasta, often at the expense of good quality protein. Not only are these not very high in protein, they are limited in one essential amino acid, lysine. Legumes (such as beans and peas) have high supplies of lysine but are limited in sulfur-containing amino acids, methionine and cysteine. Thus, for the full array of aminos, grains and peas perfectly complement each other.

The second criteria is **digestibility**—how much of the particular protein is assimilated into the body. Protein concentrates from legumes are digested with an efficiency of greater than 90 percent, making them almost equivalent to meat, eggs or milk in digestibility. Low heat used during processing ensures that the most important amino acids stay intact.

Third is **allergenicity**. Pea and rice protein does not contain gluten or lactose, and it is not on the list of most common allergenic foods.

Source Naturals formulated an ideal ratio of nutrients in this formula using a method called *nitrogen balance*. This is tested by calculating the difference between nitrogen intake and the amount excreted in urine, feces, skin and miscellaneous losses. The point of zero balance is considered equivalent to the minimum requirement of

protein intake. The resulting ratios of individual amino acids necessary for child and adult healthy balance have been used to develop the composition of PRO-VEGATEIN.

Powdered protein from rice and peas is convenient for daily use. You can blend it into smoothies and add it to soups, stews and pasta dishes. You can also add it to rice, oatmeal and other grains or any vegetable dishes. It has a neutral taste and good solubility—an excellent way to give your body the optimum nutrition it needs.

So whether you are a vegan who wants to be assured of good quality protein in your diet, or a person looking for ways to increase heart health and maintain balanced glucose levels, Source Naturals PRO-VEGATEIN is an ideal addition to your daily meals.

References

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