# Product Overview



## **Whey Protein Blend 900g**

A powerful combination of New Zealand whey protein powder, essential vitamins, minerals and adaptogens.



# We put the best ingredients in – to bring out the best in you

#### Protein

- GM free certified
- Sourced from family owned New Zealand business
- Particularly high in amino acids leucine and cysteine
- Excellent dispersibility and solubility
- Clean, pleasant, versatile taste.

#### **B Complex Vitamins**

B-Complex vitamins are made up of 8 water soluble vitamins, each with their own numerous and proven health benefits. You can find out more about each vitamin on our website. Overall, B-Complex vitamins are important for

- Normal neurological and psychological function
- Functioning of the nervous system
- Regulation of the hormonal system
- Reducing tiredness and fatigue
- Mental performance
- Carbohydrate, fat and protein metabolism
- Iron transport and metabolism
- Protecting cells from oxidative stress
- Supporting the regeneration of skin, hair and nails

#### Vitamin C

Vitamin C has many proven benefits and is vital to overall health. Vitamin C contributes to iron absorption from food, collagen production for cartilage, bones, skin, hair, and nails, and provides critical support to the immune system.

#### Vitamin D

Vitamin D is essential for maintaining a healthy immune system and optimal overall health. Vitamin D plays a crucial role in maintaining strong and healthy bones and teeth and normal muscle function and may also support mental wellbeing and boost seasonal mood.

# Pro You V

#### Ashwagandha

Ashwagandha is a powerful adaptogen that can help your body manage stress.

#### Zinc

Zinc is an essential mineral that is crucial to almost every aspect of your health. Zinc supports immune function, stabilises blood sugar levels and helps keep your skin, hair and nails healthy.

#### Magnesium

Magnesium is an essential mineral found in every cell of your body. Magnesium supports energy production, muscle function, and cardiovascular health. Magnesium is also effective for soothing stress and nervous tension and supporting sleep.

#### **Organic New Zealand Flaxseed Fibre**

Flaxseed fibre provides a source of highquality dietary fibre and is a source of lignans, which have powerful antioxidant properties.

#### Prebiotic Acacia Fibre

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Acacia fibre is a powerful food-based prebiotic that has been clinically shown to nurture the beneficial bacteria in the digestive tract, discourage the growth of unfriendly bacteria and reinforce the gut barrier to promote optimal digestive, metabolic, and immune function.

## **Pro You Whey Protein Blend Super Smoothie**

Ashwaghanda

#### Ingredients

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- 1 scoop of Pro You Whey Protein Blend vanilla powder
- 1 cup of frozen berries
- 1 banana
- 1 teaspoon of honey
- Water, coconut water, milk or plant milk add based on your chosen consistency

#### Method

Prebiotic

Acacia Fibre

Add all ingredients to a blender and blitz on high. Top with chia seeds, sunflower seeds or LSA. (optional).

**NZ** Organic

Flaxseed Fibre

### Nutrition information

Servings per container: 30 Serving size: 30 g powder + 300 ml water

	Average Quantity Per Serving		Average Quantity Per 100 ml
Energy	470 kJ		144 kJ
Protein	20 g		6.0 g
- gluten	0.0 g		0.0 g
Fat, total	1.9 g		0.6 g
- saturated	1.3 g		0.4 g
Carbohydrate	2.7 g		0.8 g
- sugars	1.7 g		0.5 g
Dietary Fibre	2.3 g		0.7 g
Sodium	206 g		62 mg
Ashwaghanda	600 mg		182 mg
Vitamin B1	10 mg	870% RDI*	3 mg
Vitamin B2	10 mg	794% RDI*	3 mg
Vitamin B3	15 mg NE	100% RDI*	5 mg NE
Vitamin B5	10 mg	200% AI*	3 mg
Vitamin B6	10 mg	690% RDI*	3 mg
Vitamin B7	1 mg	3640% AI*	0.3 mg
Vitamin B12	10 ug	417% RDI*	3 ug
Folate	200 ug DFE	50% RDI*	61 ug DFE
Vitamin C	100 mg	222% RDI*	30 mg
Vitamin D	20 ug	1140% RDI*	6 ug
Magnesium	72 mg	20% RDI*	22 mg
Zinc	5 mg	45% RDI*	2 mg

Ingredients: Whey Protein Isolate (81%) (with Emulsifier (Sunflower Lecithin)), New Zealand Organic Golden Flaxseed Flour (3.3%), Organic Ashwagandha Extract, Nicotinamide, Pyridoxine Hydrochloride, Prebiotic Acacia Gum, Natural Flavour, New Zealand Sea Salt, Magnesium Phosphate, Sweetener (Monk Fruit Extract), Ascorbic Acid, Zinc Gluconate, Thiamien Hydrochloride, Calcium 5 Methyltetrahydrofolate, Cholecalciferol, Riboflavin, Cyanocobalamin and Biotin.

\*RDI = Recommended Dietary Intake / \*AI = Adequate Intake for Adults 19 - 70 years (NRV 2006). \*NE = Niacin Equivalent. \*DFE = Dietary Folate Equivalent.