

# Product Overview



## Pea Protein Blend 500g

A powerful combination of organic pea protein powder, essential vitamins, minerals and adaptogens.



### 15 Essential Ingredients - 1 Convenient Powder



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

#### Protein

- Non-GMO Project Verified and USDA NOP organic certified
- Sourced from Cosucra based in Denmark, a family run sustainable business.
- Particularly high in amino acids leucine and lysine
- Excellent dispersibility and solubility, not gritty at all.
- 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.

#### Ashwagandha

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



## Pro You Pea Protein Blend Super Smoothie

#### Ingredients

- 1 scoop of Pro You Pea Protein Blend vanilla powder
- 1 cup of frozen berries
- 1 cup of spinach
- 1 teaspoon of honey
- Water or coconut water – add based on your chosen consistency

#### Method

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

## Nutrition information

Servings per packet: 16 Serving size: 30g

	Average Quantity Per Serving		Average Quantity Per 100 g
Energy	439 kJ		1460 kJ
Protein	20.3 g		68.1 g
- gluten	0.0 g		0.0 g
Fat, total	1.1 g		3.9 g
- saturated	0.2 g		0.6 g
Carbohydrate	1.4 g		4.8 g
- sugars	0.2 g		0.6 g
Dietary Fibre	2.9 g		9.6 g
Sodium	537 g		1800 mg
Ashwaghandha	600 mg		2000 mg
Vitamin B1	10 mg	870% RDI*	33.3 mg
Vitamin B2	10 mg	794% RDI*	33.3 mg
Vitamin B3	15 mg NE	100% RDI*	50 mg NE
Vitamin B5	10 mg	200% AI*	33.3 mg
Vitamin B6	10 mg	690% RDI*	33.3 mg
Vitamin B7	1 mg	3640% AI*	3.3 mg
Vitamin B12	10 ug	417% RDI*	33.3 ug
Folate	200 ug DFE	50% RDI*	666 ug DFE
Vitamin C	100 mg	222% RDI*	333 mg
Magnesium	72 mg	20% RDI*	240 mg
Zinc	5 mg	45% RDI*	16.6 mg

**Ingredients:** Pea Protein Isolate (81%), 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, Thiamine Hydrochloride, Calcium 5 Methyltetrahydrofolate, Riboflavin, Cyanocobalamin and Biotin.

### Pea Protein nutritional characteristics

Amino acids content (g / 100 g proteins)	
Alanine	4.3
Arginine	8.7
Aspartic acid	11.5
Cysteine	1.0
Glutamic acid	16.8
Glycine	4.1
Histidine	2.5
Isoleucine	4.5
Leucine	8.4
Lysine	7.2
Methionine	1.1
Phenylalanine	5.5
Proline	4.5
Serine	5.3
Threonine	3.9
Tryptophan	1.0
Tyrosine	3.8
Valine	5.0

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