

PEA PROTEIN POWER™

Highest-Quality Protein for Vegans and Vegetarians
Heart-Healthy Protein for Everyone



Many vegans and vegetarians struggle to consume optimum levels of protein. And many others search to have the right amounts and types of protein in their diets, for heart health, healthy weight, and healthy glucose levels.

Combining proteins from plant sources can be difficult, especially for people who are pressed for time and for those who avoid not only meats but dairy products, soy and eggs as well. Source Naturals PEA PROTEIN POWER is a natural vegetable protein powder made from yellow peas (*Pisum sativum*), the peas used in split pea soup. This is a highly digestible, highly bioavailable protein source.

- Great way to supplement a vegetarian diet for those who have problems eating beans or soy, and suitable for children and adults.
- Increases carbohydrate metabolism for heart health, weight management and healthy glucose levels.
- Completes the protein profile of grain proteins due to high lysine content.
- Non-GMO, 100% gluten-and cholesterol-free.
- Highly digestible, hypo-allergenic.
- Easily incorporated into drinks, smoothies, shakes, crackers, chips, snacks, soups and other dishes.

Source Naturals PEA PROTEIN POWER is a great way to boost the protein in your diet.



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What's All the Excitement About?

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:

Enzymes: Enzymes are protein molecules that act as catalysts for most of our physiological processes.

Structural Proteins: Structural proteins are the major building blocks 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 amino acids 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 amounts: 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,

the wide range of grains and peas perfectly compliment 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 protein does not contain gluten or lactose, and it is not on the list of most common allergenic foods.

Pea protein 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 who is looking for ways to increase heart health and maintain balanced glucose levels, Source Naturals PEA PROTEIN POWER is an ideal addition to your daily meals.

References

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