



**WORLDWIDE
HEALTH CENTER**
Natural Health Products & Remedies

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PeaPlus

**High protein • Fibre source • Low carbs
Low fat • Dairy-free • Plus 9 superfoods**



**Fortified
with
phyto-
nutrients**

A delicious **dairy** & herbals. Add to liqu
Be adventurous, ble
berries & fruits, add
onto cereals for that
Can be used as pe

✓ **High**

INGREDIENTS: Pea P
Powder, Chlorella Pow
Green Tea Powder (40
Baobab Fruit Powder, S

ALLERGY ADVICE: P
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Food supplements sho
healthy lifestyle.

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STORAGE: Store in a c
Consume within 3 mon

This is more than just another standard pea protein powder! Pea Plus is a blend of vegetable protein sourced from garden (sugar snap) peas which have been extracted and purified. The protein is concentrated from the normal level of 6% in fresh peas, to around 80%, providing 19g of protein per serving. What's more, this hypo-allergenic shake has been fortified with the addition of 9 herbs and superfoods (including baobab fruit), making it a complete, high protein powder blend with the addition of nutrient-dense herbal antioxidants.

Beneficial for...

- Optimum protein intake
- Nutrient intake
- Antioxidant levels
- Energy levels
- Slimming and fat-burning
- Healthy metabolism
- Muscle recovery and growth
- Stamina and performance
- Recuperation
- Immunity
- Digestive health
- Those with poor appetites
- Vegetarians and vegans
- Those with allergies (hypo-allergenic)

Product information

Ingredients (dried, powdered): Pea Protein Powder (90%), Cinnamon Powder, Spinach Powder, Chlorella Powder, Acai Berry 4:1 Extract, Dandelion Root Powder, Green Tea Powder (40% polyphenols), Alfalfa Powder, Spirulina Powder, Baobab Fruit Powder, Stevia Leaf Extract

Suggested usage: As a drink: Mix 1 serving (25g / 4 heaped teaspoons) into water, fruit, vegetable juices etc. A delicious dairy and sugar free pea protein with added culinary herbals. Add to a liquid of your choice and enjoy at breakfast, lunch or any time! Be adventurous, blend with berries and fruits, add to juices or sprinkle onto cereals for that extra nutritional boost and sweetness.

Note: Contains no hexane or other toxic chemicals, which are often used during the pea protein extraction process. Our pea protein is extracted using only water, pressure and then flocculation.

Nutritional information per 100g

Energy - 1541 kJ/364 kcal

Fat - 4.4g

- of which:

- Saturates - 0.7g

- Monounsaturates - 0.9g

- Polyunsaturates - 2.5g

Carbohydrate - 6.6g

- of which sugar - 1.7g

Fibre - 3.3g

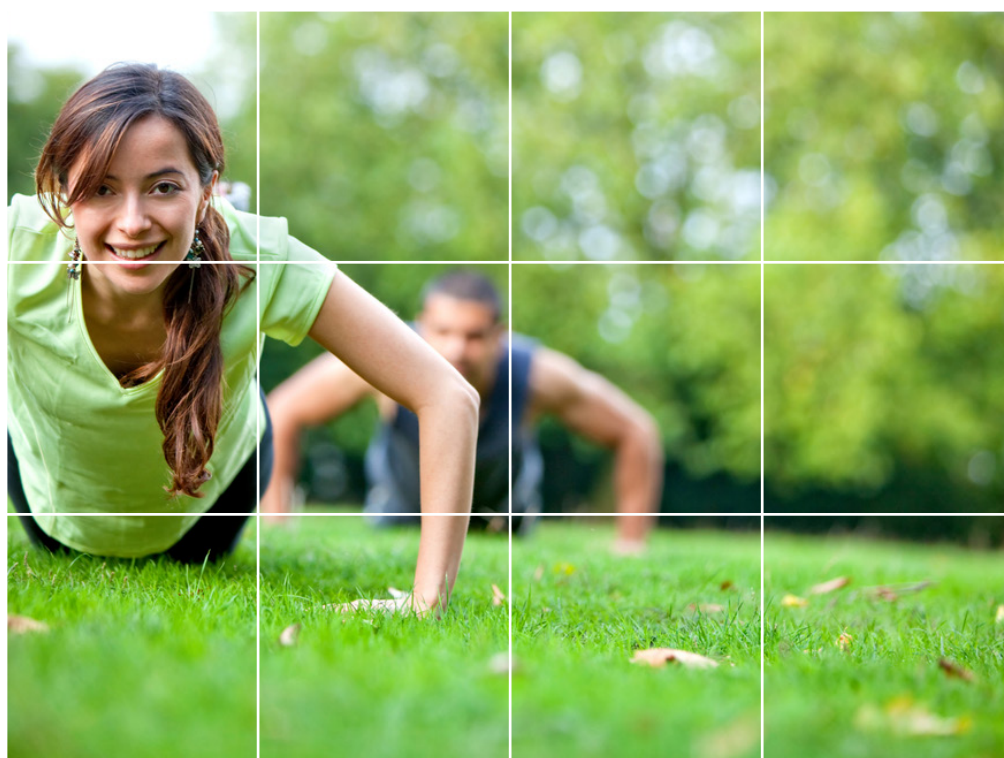
Protein - 76.2g

Salt - 1.0g



SHAPESPORTSHAKE

EASILY DIGESTED - NO BLOATING!



About the ingredients...

Pea protein: Peas are a surprisingly rich, low-fat source of highly bioavailable vegetable source protein, which also offers an excellent nutritional and amino acid profile.

Pea protein is actually a **complete protein** source (a complete protein or whole protein is a source of protein that contains an adequate proportion of all 9 of the essential amino acids necessary for the dietary needs of humans).

It is rich in **branched chain amino acids** (leucine, isoleucine and valine); **lysine** (an essential amino acid); **glutamine** (involved in protein synthesis); and is richer in **arginine** (involved in immune system function and weight control) than any other commercially available protein.

Pea are also rich in: **vitamins** (including vitamin A, riboflavin, niacin, folate, thiamin, pantothenic acid, pyridoxine, vitamin B6, vitamin C and vitamin K) and **minerals** (including calcium, iron, zinc, magnesium, phosphorus, copper and manganese) and other nutrients, including both **soluble and insoluble dietary fibre**, **lutein** (a non-provitamin A carotenoid), **phyto-nutrients** / phytosterols (especially β -sitosterol) and **antioxidants**.

Peas are low in fat, calories, sodium and contain no cholesterol. What's more, unlike many other pea protein powders on the market, PeaNourish contains **no hexane or other toxic chemicals**, which are often used during the pea protein extraction process. Our pea protein is extracted using only water, pressure and then flocculation.

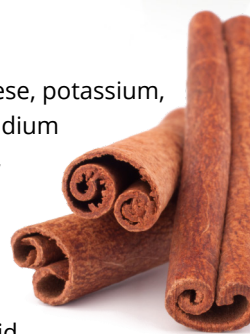
Cinnamon: Cinnamon is a good source of vitamin A, vitamin C, vitamin K, iron, dietary fibre, calcium, manganese, potassium, zinc, flavonoids, antioxidants and beneficial oils (such as eugenol). It is very low in saturated fat, cholesterol and sodium and can assist with **blood sugar level control** - it helps to slow the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating.

Spinach: Spinach is at the top of many **superfood** lists because it is loaded with iron, calcium, folic acid, vitamin K, vitamin C, fibre and carotenoids. Add its lutein and bioflavonoids to the mix and spinach is a nutritional powerhouse! The calcium content in spinach helps to strengthen bones; while the A and C vitamins, fibre, folic acid, magnesium and other nutrients help to fight disease and boost the **immune system**. Folate also lowers the blood levels of **homocysteine**, a protein that damages arteries and therefore helps protect against heart disease.

Chlorella: Named after the high amount of chlorophyll that it possesses (a potent and beneficial phyto-chemical), chlorella is a powerful **detoxification aid**, which binds with heavy metals and pesticides - such as PCBs - that can accumulate in the body. It is also a **fibrous** material, which means that it supports **healthy digestion** and overall digestive tract health. A clean bloodstream, with an abundance of red blood cells to carry oxygen, is essential for strong natural defences. Chlorella's high nutrient content, **cleansing action on the bowel** and other elimination organs, as well as its protection of the **liver**, helps to keep the blood free from impurities and the immune system strong.

Acai berry: Acai berries have rapidly grown in popularity over recent years, largely because they have finally been recognised in the Western world as being a "**superfruit**" because of their high nutrient content. Found only in the Amazon rainforests of Central and South America, these berries contain a wide array of vitamins, minerals, essential fatty acids and **antioxidants**. Acai berries have **anti-bacterial**, **anti-inflammatory** and **anti-mutagenic** properties and are particularly beneficial for:

- **the immune system:** their dark purple pigment contains plant chemicals called **anthocyanins** (powerful antioxidants that are part of the flavonoid family of molecules and are important for neutralising harmful free radicals)
- **supporting the heart:** acai berries are a rich source of protein and dietary fibre, which are believed to have a protective effect on the cardiovascular system
- **lowering cholesterol levels:** acai berries are a rich source of Omega 6 and Omega 9 fatty acids and phytosterols, which play an important role in lowering the levels of cholesterol in the blood.



About the ingredients cont...

Dandelion root: The dandelion has been a staple of the traditional herbal pharmacopoeia for centuries. In Europe, the dandelion is still respected as the nutritional and medicinal powerhouse that it is. Among other things, dandelion root has been used as a **gentle laxative**, **digestive aid**, to treat **liver** and **kidney** problems and to relieve **inflammation**, boils, fever and diarrhoea and to help regulate **blood sugar** levels. Dandelion root is also known to **stimulate the appetite**.



Green tea: Green tea is rich in catechin **polyphenols**. Epigallocatechin gallate (EGCG), in particular, is a powerful **antioxidant**. Some studies have shown green tea polyphenols to have a stronger antioxidant action than vitamin C and E. Green tea is also effective at lowering **LDL cholesterol** and **blood pressure** levels and inhibiting the abnormal formation of blood clots. In countries where green tea is regularly consumed, there are significantly lower levels of heart disease. Green tea is also known to be beneficial for **weight loss**, because the polyphenols induce **thermogenesis** and stimulate fat oxidation, boosting the **metabolic rate** without increasing the heart rate.



Alfalfa: Alfalfa is rich in **chlorophyll**, **vitamins** (such as pro-vitamin A (B-carotene) and vitamins B6, C, D, E, K and P) and **minerals** (such as calcium, magnesium, potassium, iron and zinc). It also contains all 8 **essential amino acids**, the building blocks of protein, yields 10 times more mineral value than an average grain and contains 8 **essential enzymes** including: amylase (digests starch), coagulase (coagulates milk), invertase (converts sugar to dextrose), emulsin (acts upon sugars), peroxidase (oxidises blood), lipase (fat-splitting enzyme), pectinase (forms a vegetable jelly from pectin), protease (digests proteins).

Alfalfa consists of medicinal "actives", such as **isoflavones**, **sterols** and other **plant phytoestrogens** that (working together with the plant's natural fibre) promote **healthy cholesterol levels**. Alfalfa also contains derivatives of **coumarin**, an anti-platelet substance that reduces blood clotting and protects the body against atherosclerosis, which is the fatty plaque build-up along the artery walls.



Spirulina: Spirulina is a highly nutritious blue-green algae. It is primarily used for: boosting the **immune system**, improving **digestion**, reducing **fatigue** and building **endurance**, cleansing and **detoxification**, boosting **energy** levels, controlling **appetite**, maintaining healthy **heart function**, supporting the **liver** and **kidneys**, reducing **inflammation** and alleviating **allergy** symptoms. Spirulina is a complete food that supplies an incredibly wide range of nutrients, including protein, vitamins, minerals, Omega 6 fatty acids, chlorophyll and other phytonutrients.

Baobab fruit: Known as the "tree of life", the fruit of the baobab tree is being billed as the **king of the superfruits**. It has 3 times as much **vitamin C** as an orange, 50% more **calcium** than spinach and milk and is a plentiful source of **antioxidants**. Soluble fibre in the fruit pulp has **prebiotic** qualities and stimulates **good bacteria** in the gut. It is also high in **potassium** (important for brain, nerve and muscle function), as well as **phosphorus**, which supports healthy bones.

Pea protein fortified with phyto-nutrients for...

Gym goers Vegetarians
Bodybuilders
The health conscious Men **Athletes**
Slimmers Women Vegans Runners