

Vegan PLANT POWER MRP REFEED



Plant based performance! Not your ordinary plant refeed protein.

Finally a plant based Refeed Protein designed for hard training athletes and not just the 'general nutrition' market. As more and more athletes are choosing to adopt a plant-based nutrition program, following plant based shouldn't mean missing out on the high performance 'extras' often found in regular protein supplements.

MRP Refeed's amino acid profile contains all the essential amino acids in the correct amounts and even rivals a typical whey formulation for completeness and quality.

Energy rich native tapioca, rice and nutrient rich MODCARB® complex carbohydrates from gluten free oat bran, quinoa, amaranth, buckwheat and millet provide the body with the sustainable fuel to drive intense workouts and spare protein during exercise.



COMPLETE ESSENTIAL PROTEIN PLUS NATURAL CARBS 1:1 RATIO

Pea and rice contain complimentary amino acids which are further supported by the complete essential amino acid profile found in the ancient super-seed Sachi Inchi. Native tapioca, rice and gluten free oatbran, quinoa, amaranth, buckwheat and millet ensure a 1:1 protein:carb ratio is maintained.



MUNG & PEA PEPTIDES

Get instant recovery with these unique plant derived protein peptides. Hydrolysed di & tri peptides from protein rich mung bean and pea proteins takes performance and recovery to the next level.



MCT ENERGY

Many vegan MCT powders still contain small amounts of dairy casein. MRP Refeed contains a truly vegan source of this incredible energy rich fast burning fat source that helps spare muscle and fuel workouts.



ORGANIC MACA

Used as a powerful plant medicine for more than 3000 years, Maca is packed with nutrients to support increased energy while reducing stress. Packed with a range of vitamins, minerals and amino acids to help keep muscles moving.



ADDED VEGAN CREATINE FOR PERFORMANCE

Creatine plays a role in optimal strength and workout performance. As Creatine is mostly found in red meat and dairy products, it is often lacking in plant based diets if not supplemented.



STEVIA & ARTIFICIAL SWEETENER FREE

The sweetness in the product comes from a small amount of natural low GI organic coconut sugar and the delicious natural flavours, carefully combined for a perfect deliciously balanced flavour experience.



DIGESTIVE ENZYMES

Added DigeZyme® digestive enzymes, including protease, to help break down proteins into simple amino acid chains and facilitate the absorption of these amino acids within the body.

NUTRITION INFORMATION

Serving size: 70 g	Ave Qty per 70g serving	Ave Qty per 100g
Servings per container : 32.4		
Energy	1159 kJ	1655 kJ
	277 Cal	396 Cal
Protein	26.2 g	37.5 g
Gluten	0 g	0 g
Fat - Total	5.3 g	7.6 g
- Saturated	3.4 g	4.9 g
Carbohydrates - Total	30.1 g	43.6 g
- Sugars	4.6 g	6.6 g
Sodium	351 mg	502 mg
Potassium	20 mg	29 mg
Creatine	2.5g	3.6g

*All specified values are averages for all flavours

INGREDIENTS: Plant Power Performance Protein Blend (Pea Protein Isolate, Organic Brown Rice Protein Isolate, Mung Peptides, Pea Peptides), Plant Power Carb Powder { Rice Starch, Tapioca Starch, ModCarb™ Gluten Free (Trim® Processed: Oat bran, Organic Quinoa, Organic Amaranth, Organic Buckwheat, Organic Millet) }, Natural Powders (Organic Coconut Sugar, Coconut Water, Organic Maca Powder, Organic Sacha Inchi), Vegan MCT Powder, Natural Flavours, Creatine Monohydrate, Vegetable Gums (Arabic Gum, Xanthan Gum, Guar Gum), Himalayan Rock Salt, Vegan Methionine, DigeZyme® [(Digestive Enzyme Blend (α-amylase, protease, lipase, cellulase, lactase)]

AMINO ACIDS

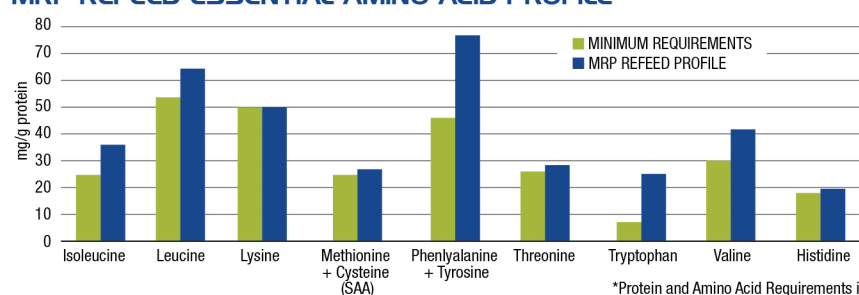
TYPICAL PROFILE	Ave Qty per 70g serving	Ave Qty per 100g
Essential Amino Acids		
Leucine	1893 mg	2704 mg
Lysine	1434 mg	2048 mg
Phenylalanine	1269 mg	1813 mg
Valine	1241 mg	1773 mg
Isoleucine	1043 mg	1491 mg
Threonine	808 mg	1154 mg
Tryptophan	704 mg	1005 mg
Histidine	539 mg	770 mg
Methionine	456 mg	651 mg

Non - Essential Amino Acids

Glutamine & Glutamic Acid	4222 mg	6032 mg
Aspartic Acid	2456 mg	3508 mg
Arginine	1940 mg	2772 mg
Serine	1155 mg	1650 mg
Proline	1143 mg	1633 mg
Alanine	1043 mg	1490 mg
Glycine	959 mg	1371 mg
Tyrosine	956 mg	1365 mg
Cysteine	293 mg	419 mg

DIRECTIONS FOR USE: Mix 70g (2 SCOOPS) with 350 - 400ml of water. Consume 1 serve per day or take as 2 half serves as a shake or mixed with other wholesome foods for a pumped protein boost.

ESSENTIAL AMINO ACID REQUIREMENTS* V MRP REFEED ESSENTIAL AMINO ACID PROFILE



*Protein and Amino Acid Requirements in Human Nutrition - WHO Technical Report Series

**INTERNATIONAL
PROTEIN**

**APPROVED
FOR SPORT**

**AUSTRALIAN
MADE AND OWNED**

modcarb

Made in Australia
from less than 10%
Australian ingredients

GMP



@international_protein

DigeZyme® is a trademark of Sabinsa.