

PLANT POWER COMPLETE PROTEIN

PLANT POWER COMPLETE PROTEIN - Plant based performance! Not your ordinary plant protein.
Finally a plant based protein designed for athletes and not just the 'general nutrition'.



COMPLETE ESSENTIAL PROTEIN

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. Vegan Glutamine, Leucine and Methionine make Complete Protein nutritionally equivalent or superior to Whey.



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. Complete Protein 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.



STEVIA 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.

DigeZyme® is a trademark of Sabinsa.



NUTRITION INFORMATION		Ave Qty per 35g serving	Ave Qty per 100g
Serving size: 35 g			
Servings per container: Approx.28			
Energy		559 kJ 134 Cal	1596 kJ 382 Cal
Protein		21.2 g	60.5 g
Gluten		0 g	0 g
Fat - Total		3.8 g	10.8 g
- Saturated		2.0 g	5.9 g
Carbohydrates - Total		3.5 g	10.0 g
- Sugars		2.0 g	5.9 g
Sodium		349 mg	995 mg

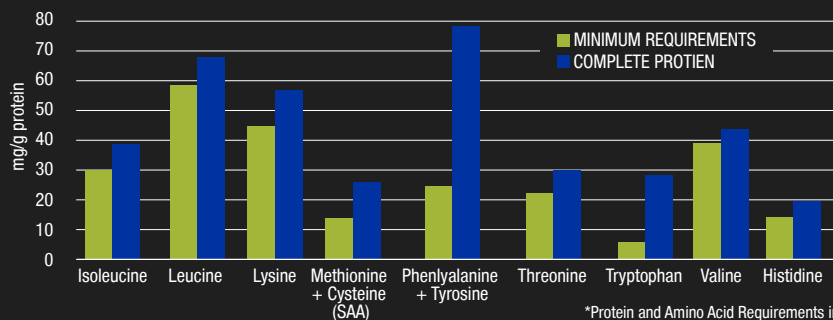
*All specified values are averages for all flavours

INGREDIENTS: Plant Power Protein Isolate (Pea Protein, Organic Brown Rice Protein, Mung Peptides, Pea Peptides), Natural Flavours, Natural Powders (Organic Coconut Sugar, Coconut Water, Organic Maca, Organic Sacha Inchi), Vegan MCT Powder, Vegan Amino Acids (L-Glutamine, Instantized L-Leucine, L-Methionine), Vegetable Gums (Arabic Gum, Xanthan Gum, Guar Gum), DigeZyme® [(Digestive Enzyme Blend (α-amylase, protease, lipase, cellulase, lactase))], Himalayan Rock Salt

DIRECTIONS FOR USE: Mix 35g (1 Scoop) with 220 - 250 ml of cold water or your favorite plant based beverage. Consume up to twice daily. Best times for use are as part of a balanced breakfast and pre or post workout.

AMINO ACIDS TYPICAL PROFILE	Ave Qty per 35g serving	Ave Qty per 100g
Essential Amino Acids		
Leucine	2207 mg	6307 mg
Lysine	1269 mg	3626 mg
Phenylalanine	1026 mg	2931 mg
Valine	986 mg	2818 mg
Isoleucine	866 mg	2475 mg
Threonine	661 mg	1889 mg
Tryptophan	645 mg	1844 mg
Histidine	448 mg	1279 mg
Methionine	394 mg	1126 mg
Non - Essential Amino Acids		
Glutamine & Glutamic Acid	4153 mg	11867 mg
Aspartic Acid	2085 mg	5957 mg
Arginine	1556 mg	4446 mg
Serine	927 mg	2648 mg
Proline	848 mg	2422 mg
Alanine	808 mg	2308 mg
Glycine	751 mg	2144 mg
Tyrosine	722 mg	2062 mg
Cysteine	193 mg	550 mg

ESSENTIAL AMINO ACID REQUIREMENTS* V COMPETE PROTEIN ESSENTIAL AMINO ACID PROFILE



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