

VEGAN PROTEIN

VANILLA SHAKE

For Healthy Weight Management and Nutrition Supports Muscle and Lean Body Mass

The Bodysmart Solutions Vegan Protein Shake is a great addition to your daily diet, especially for those with sensitivities to dairy or soy proteins, and for those following a vegan lifestyle. Each serving provides high quality protein from two different sources – organically grown pea and brown rice protein – in a readily usable form that is suitable for vegans. Protein is made from 20 amino acids—8 of them must be supplied in the diet (called ‘essential’ amino acids), and a healthy body can make the other 12 from the 8 essentials. Rice protein is low in the essential amino acid lysine, which is important for growth, bone health, and immune defense against certain viruses. On the other hand, yellow pea protein is rich in lysine, and a number of other amino acids including arginine and glutamic acid

which are both important to support intense physical exertion and subsequent workout recovery. Also important, especially to the athlete, or anyone recovering from muscle loss such as surgery or a severe illness, is that pea protein offers a wealth of the branched-chain amino acids isoleucine, leucine, and valine, which are crucial to muscle protein synthesis, and support recovery from exercise.

This tasty shake is ideal to support both attaining and maintaining healthy weight and performance. High quality protein taken in the morning helps support a stable blood sugar level, and reduce cravings for sweets and fats later in the day. For people who wake up in the night hungry, a bedtime shake made with the Lifeplus Vegan Protein Shake can stabilize blood sugar throughout the night, supporting sound, restorative sleep. Even rice protein alone, when given in higher amounts has been shown to equal whey protein in elite athletes. A team of researchers at the University of Tampa, Florida gave one group of resistance trained male athletes 48 grams of whey protein post

workout, and another group were given 48 grams of rice protein. The researchers concluded that at high doses like these, rice protein was comparably effective to whey protein in increasing lean body mass, strength and muscle power.¹ With the blend of rice protein and the complementary amino acid spectrum of yellow pea protein, it would be reasonable to expect even better results with this level of support for strength athletes. Even for non-athletes, this formula supplies very high quality protein as an energy source, with low fat and carbohydrate content.

Lifeplus Vegan Protein Shake is sweetened with the natural high intensity sweetener from

glycosides of the stevia plant, and the sugar alcohol erythritol—the only sugar alcohol that is highly absorbed from the human GI tract, but not metabolized for energy and producing no insulin response (90% of absorbed erythritol is excreted unchanged via the urinary tract). Seven grams of the carbohydrate content listed for each serving are from erythritol, which must be included in the total carbohydrates listed on the label despite not contributing any calorie content. Therefore, the amount of carbohydrates contributing calories in one serving of a Lifeplus Vegan Protein Shake is 5 grams, rather than the 12 grams that are declared on the label. (Please note: the calorie content on US labels is



calculated from label values and therefore includes calories from the total carbohydrates. Due to different labelling rules, in the EU the erythritol is subtracted from the carbohydrates when making the calorie calculation. This accounts for the different calorie values on the US and EU labels.)

To provide a creamy texture, each serving of Lifeplus Vegan Protein Shake contains 3 grams of high oleic sunflower oil, just 500mg (2 calories) of maltodextrin, a small amount of modified food starch, and silicon dioxide (which keeps the powder free flowing), as well as small amounts of xanthan and guar gum. Natural tocopherols (which make up the vitamin E family) are used to prevent oxidation of the ingredients. High oleic sunflower

oil has a minimum content of 80% oleic acid (a monounsaturated omega-9 fatty acid, which is the predominant fat present in olive oil). This oil has a very neutral taste and provides excellent stability without hydrogenation.

For those who are looking to perform to their best in sports or other exercise, protein is a vital element in supporting muscle growth and maintenance. Mixed with water, coconut water, non-dairy milks (such as almond, coconut or hempseed), blended with berries and/or greens, Lifeplus Vegan Protein Shakes provide a low fat, protein-rich and tasty vegan drink for those who want to be Bodysmart!

LIFEPLUS VEGAN PROTEIN SHAKE

AMINO ACID PROFILE – VANILLA

Alanine	839 mg
Arginine	1,724 mg
Aspartic	2,125 mg
Cystine	447 mg
Glutamic	3,421 mg
Glycine	792 mg
Histidine	503 mg
Isoleucine*	1,007 mg
Leucine*	1,743 mg
Lysine*	1,323 mg
Methionine*	308 mg
Phenylalanine*	1,137 mg
Proline	839 mg
Serine	960 mg
Threonine*	708 mg
Tryptophan*	186 mg
Tyrosine	829 mg
Valine*	1,109 mg

Total 20,000 mg

Typical analyses of the amino acid spectrum of the combined protein sources contained in Lifeplus Vegan Protein Shakes are listed in the table. Protein sources are Pea Protein Isolate and Brown Rice Protein Isolate.

*Essential Amino Acids

REFERENCES:

1. Jäger, R et al. The effects of 8 weeks of whey or rice protein supplementation on body composition and exercise performance. *Nutr J.* 2013 Jun 20;12(1):86.

Nutrition Facts

30 servings per container

Serving size 2 level scoops (41 g)

Amount per serving

Calories 155

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 101mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Sugar Alcohol (Erythritol) 7g

Protein 20g 40%

Vitamin D 0mcg 0% • Calcium 2mg 0%

Iron 0mg 0% • Potassium 3mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Pea Protein Isolate, Erythritol, Brown Rice Protein Isolate, Nutritional Beverage Base (Sunflower Oil, Modified Starch, Maltodextrin, Silica, Natural Tocopherols), Natural Vanilla Flavor, Proprietary Gum Blend (Guar Gum, Xanthan Gum), Sea Salt, Steviol Glycosides (*Stevia rebaudiana* (Bertoni) Bertoni) Leaf Extract.

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CAUTION: Since not all exercise and diet programs are suitable for everyone, prior to beginning ANY exercise and/or diet program, or taking any protein shake, you should consult your physician if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. Excessive consumption may produce laxative effects.

This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

Leave tightly closed when not in use. Store in a dry area.

Not tested on animals

Suitable for Vegans

DIRECTIONS: Mix 2 level 43 cc scoops (41 g) in 8 to 12 oz. of water or other beverage of your choice once a day.