Pea protein powder
POWDER Nothing But Plants®
From organic farming, 85% protein

1 unit
16 servings / Pea protein powder 500 g 24,00 €

PRINCIPAL INDICATIONS:
Sport performances (muscular mass, recovery)

Brand: 🍼

Discover the exceptional properties of SUPERFOODS with the new powder range from our new brand POWDER Nothing But Plants® range!

This product range offers an innovative concept: an alternative way of consuming dietary supplements and healthier foods – in milkshakes, salads or mixed with your favourite foods.

DESCRIPTION

In accordance with our philosophy of providing the highest quality products, we have added organic pea protein, at 85% purity, to our POWDER product range.

Pea protein is the best option for vegetarians and vegans. It is also an excellent alternative for those who want to reduce the consumption of animal products in their diet.

The pea (Pisum sativum L.) is an easily-digestible legume, rich in high quality protein. In addition, pea protein contains all the essential amino acids our body cannot synthesize, is low in fat, and contains fiber.

Pea protein also provides a full sensation after consumption, and thus helps to reduce total food intake.

Our organic pea protein has the highest degree of purity attainable, ensuring top quality, efficient nutrition!

Proteins are the major structural components of muscle fiber and other body tissues. Thus, the main role of proteins obtained through diet is their use in different anabolic processes* (1), and their consumption provides energy during exercise and increases muscle protein synthesis (2).
There are animal and vegetable sources of protein. Among **vegetable proteins**, **legumes** stand out (family Leguminosae, subfamily Papilionoideas), as they provide a **high-quality protein** containing, among other components, the amino acid **lysine**, an essential amino acid that can only be obtained through proper diet.

Among the legume family, we find the **pea plant** (*Pisum sativum* L.), an annual herbaceous plant native to Central Asia and the Middle East, where it has been cultivated for thousands of years. Its edible seed is known as the **pea**, rich in **protein**, fiber, carotenoids (lutein and zeaxanthin), vitamins (C, thiamine, niacin and folate) and minerals (phosphorus and iron) (3). Pea protein also contains **branched-chain amino acids (BCAA)**, leucine, isoleucine and valine, involved in protein synthesis in muscle.

* Anabolism: set of metabolic processes for synthesis of complex molecules from simpler ones.

**BENEFITS**

The World Health Organization recommends a daily intake of 0.8 g of protein per kilo of weight for a healthy adult (4). That is, an adult weighing 70 kg should consume 56 g of protein a day. Regarding the protein source itself, animal protein is often accompanied by saturated fats, so it is preferable that **at least 50% of the proteins are of vegetable origin (such as pea protein)**. Vegetable protein sources provide many nutrients, such as fiber and phytochemical compounds (1). Pea protein also provides a **full sensation** after consumption, and thus helps to reduce total food intake (5).

**Use, directions**

1 serving (30 g) per day. Mix with water, juice, smoothies or milk. You can also pea protein powder in meals.

**STUDIES**

**Pea protein** is a vegan alternative to whey protein. A study has shown that eating pea protein with a purity of 85%, combined with resistance training, causes increased muscle mass comparable to that of whey protein, and greater than a control placebo. The study’s authors also suggested the use of pea protein to maintain muscle mass in the elderly (6).

Finally, several studies have shown a positive effect from the consumption of **vegetable protein**. For example, a study has linked the intake of plant proteins in postmenopausal women with a decreased risk of gallbladder problems (7). Moreover, another study also conducted in this population group suggested that increased consumption of vegetable protein, and a decrease in animal protein intake, may decrease bone loss and risk of hip fracture (8).

**BIBLIOGRAPHY**

Protein contributes to a growth in muscle mass.

Protein contributes to the maintenance of muscle mass.

Protein contributes to the maintenance of normal bones.

## Composition

**INGREDIENTS:**
Per daily dose: 30 g of organic pea protein powder (*Pisum sativum* L.).

**ALLERGENS:**
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

**FABRICATION AND GUARANTEE:**
This food supplement is manufactured by a GMP-compliant laboratory (GMPs are the Good Manufacturing Practice guidelines for the European pharmaceutical industry). Their active principle content is guaranteed through regular tests, which can be viewed online.

## Use

**DIRECTIONS:**
1 serving (30 g) per day. Mix 30 g (1 measuring spoon) of powder with water, juice, smoothies or milk. Pea protein powder can also be used on meals and salads.

**WARNINGS:**
Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

**ADVICES:**
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

**STORAGE INSTRUCTIONS:**
Store in a cool dry place away from sunlight.