



Naturemedies UK, EU & USA. A brand of E-Macro Initiatives  
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# Naturemedies Pea Protein Powder Boost 500g 17.6oz

HIGH PROTEIN | DAIRY-FREE | LOW CARBS | LOW FAT | HIGH FIBRE | PLUS SUPERFOODS



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Hypoallergenic - produced using no chemical solvents.

For best results add 1 scoop or 4 heaped teaspoons (25g) into a glass. Add water, fruit juice, soya milk or other liquid of your choice for a delicious high protein shake. Be adventurous with this powder - add it to yoghurt, mix with berries etc.

A high quality pea protein powder (from snap peas), blended with a range of other nutrient-dense superfoods and herbs for added antioxidants, fibre and phyto-nutrients - chicory root, green tea, dandelion root, spirulina, acai berry and stevia leaf extract as a sweetener.

-- Manufactured in the UK under GMP and ISO 22000 standards in an Informed Sports Factory.

High in protein and dietary fibre

This unique formula contains a concentrated level of pea protein - from the 6% found in fresh peas up to around 80%. It is high in complete protein (with an excellent amino acid profile), naturally low in carbohydrates, fat and calories and contains no added sugar, salt or other 'nasties'.

A hypo-allergenic, bioavailable and easy to digest formula (no bloating), it is high in fibre from the chicory root extract. An ideal source of protein for those with certain food intolerances / allergies.

What's more, unlike many other pea protein powders on the market, Naturemedies Pea Protein Powder Boost 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.

# Approved EFSA health claims:

Protein contributes to a growth in muscle mass, the maintenance of muscle mass and the maintenance of normal bones.  
 Fibre is a key ingredient to a healthy, varied and balanced diet.

Pea protein isolate: 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.

Peas 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  $\beta$ -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.

Chicory root extract: Chicory root is rich in a natural vegetable fibre called inulin.

Plants like chicory store extra energy in their roots in the form of inulin and

other carbohydrates. The inulin in chicory root can be extracted and isolated for use as dietary fibre.

The digestive tract doesn't have the enzymes needed to digest inulin, so it passes through our gastrointestinal tract and into the large intestine intact.

There, it serves as nourishment for our microbiota, making it a prebiotic. Inulin, in particular, is very effective in supporting the beneficial bacteria of our microbiota. Both inulin and oligofructose are among the few fibres in our diet that can serve as prebiotics. Prebiotics are foods or ingredients that boost the growth of the microbiota.

Thus, while our body can't break down chicory root fibers, our microbiota can. The short-chain fatty acids (SCFA), created during this fermentation process in our large intestine help to regulate our metabolism, as well as our hunger/satiety mechanism. The combination of SCFAs, good bacteria and extra fibre may benefit us in numerous other ways:

- Supports the absorption of the mineral calcium
- Lowers blood glucose response after eating
- Maintains regularity.

Green tea extract: 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.

Dandelion root powder: Dandelion has been a staple of the traditional herbal pharmacopoeia for centuries. In Europe, it 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.

About the ingredients cont...

Spirulina powder: 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.

Acai berry extract: 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



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