COMPLETE VEGAN PROTEIN by Gen-Tec Nutrition

COMPLETE VEGAN PROTEIN combines the highest quality Organic Brown Rice Protein Isolate with Organic Pea Protein Isolate, fortified with plant based amino acid L-Glutamine. Rice and pea isolate proteins are powerful on their own, but combined, they're the first vegan protein powder that can compete with animal-derived proteins and meet the demands of hard-training athletes. The two proteins in COMPLETE VEGAN PROTEIN eclipse all other vegan protein supplements in both protein content and essential amino acid profile. COMPLETE VEGAN PROTEIN also contains a rich supply of BCAA's, directly stimulating MPS (Muscle Protein Synthesis), post-exercise. MPS is crucial for effective and timely muscle recovery. Pea Protein in particular, also contains high levels of Arginine and Lysine to support natural Creatine Synthesis, important for hard training athletes.

COMPLETE VEGAN PROTEIN has been fortified with (plant derived) L-Glutamine and Alkalising Super Greens Blend. This product also contains MCT's from Coconut Oil, supplying a unique energy source to help you power through your day and workouts, naturally.

COMPLETE VEGAN PROTEIN is 100% natural, sweetened with Stevia, Xylitol and all natural flavours, for a delicious taste and smooth consistency.

INGREDIENTS: Proprietary plant protein (organic pea protein, organic rice protein), sweeteners (xylitol, stevia extract), cocoa powder, natural flavouring, thickener (xanthan gum), L-glutamine, MCT oil powder (coconut oil), super greens blend (organic wheat grass powder, organic barley grass powder, organic spirulina powder).

May contain tree nuts, sesame seeds and soy.

CHOCOLATE CACAO (900G)

NUTRITION INFORMATION		
SERVINGS PER CONTAINER: 30		
SERVING SIZE: 30g (1 Scoop)		
	30g Serve	Per 100g
ENERGY	480kJ	1600kJ
	115Cal	383Cal
PROTEIN	21.9g	73g
FAT, total	1.9g	6.2g
- Saturated	0.7g	2.2g
CARBOHYDRATE		
- Total	1.4g	4.7g
- Sugars	0.3g	1.1g
Sodium	178mg	593mg
Potassium	70mg	232mg
ESSENTIAL AMINO ACID		
Histidine	525mg	1750mg
Isoleucine	978mg	3260mg
Leucine	1750mg	5820mg
Lysine	1280mg	4270mg
Methionine	381mg	1270mg
Phenylalanine	1150mg	3820mg
Threonine	786mg	2620mg
Tryptophan	240mg	801mg
Valine	1230mg	4100mg
NON-ESSENTIAL AMINO ACID		
Alanine	1020mg	3410mg
Aspartic Acid	2190mg	7300mg
Cysteine	91mg	304mg
Glutamic Acid	2390mg	7970mg
Glutamine	272mg	905mg
Glycine	897mg	2990mg
Proline	960mg	3200mg
Serine	1080mg	3600mg
Tyrosine	891mg	2970mg
Arginine	1790mg	5970mg

VANILLA BEAN (900G)

NUTRITION INFORMATION		
SERVINGS PER CONTAINER: 30		
SERVING SIZE: 30g (1 Scoop)		
	30g Serve	Per 100g
ENERGY	486kJ	1620kJ
	116Cal	388Cal
PROTEIN	21.9g	73g
FAT, total	1.7g	5.5g
- Saturated	0.5g	1.8g
CARBOHYDRATE		
- Total	2.9g	9.6g
- Sugars	0.6g	2.1g
Sodium	167mg	558mg
Potassium	> 5mg	6mg
ESSENTIAL AMINO ACID		
Histidine	510mg	1700mg
Isoleucine	954mg	3180mg
Leucine	1700mg	5670mg
Lysine	1250mg	4160mg
Methionine	372mg	1240mg
Phenylalanine	1120mg	3730mg
Threonine	768mg	2560mg
Tryptophan	235mg	782mg
Valine	1200mg	4000mg
NON-ESSENTIAL AMINO ACID		
Alanine	999mg	3330mg
Aspartic Acid	2130mg	7110mg
Cysteine	89mg	296mg
Glutamic Acid	2320mg	7740mg
Glutamine	266mg	888mg
Glycine	873mg	2910mg
Proline	939mg	3130mg
Serine	1050mg	3510mg
Tyrosine	870mg	2900mg
Arginine	1750mg	5830mg

CHOCOLATE CACAO (3KG)

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SERVINGS PER CONTAINER: 100		
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COMPLETE VEGAN PROTEIN

By Dane Ivicevic (Gen-Tec Consultant Biochemist)

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PROTEIN BLEND (ADDED GLUTAMINE)

Protein blends of plant origin have grown in popularity, however many plant based proteins contain suboptimal amino acid profiles with insufficient levels of essential amino acids (EAA) leading to lower stimulatory action on muscle protein synthesis and thus attenuating the repair and recovery process (1, 2). The ideal blend should not only complement each other's amino acid profiles to maximise recovery and muscle protein synthesis (muscle growth) but also provide an array of beneficial health properties that smart blending has to offer. One staple blend is the combination of high protein isolates from moderate to slow releasing brown rice and pea proteins.

The amino acid profile of pea and brown rice proteins synergistically complement one another to strengthen the others weakness as illustrated in Figure 1 below. For example, pea protein contains low levels of methionine, whereas the methionine content in brown rice protein combined provides greater balance across all 9 essential amino acids (1, 3, 4). The overall combined presence of branched chained amino acids (BCAA) further mitigates the inherent weakness of isolated plant based proteins to contain levels rivaling that of animal derived protein sources to support the muscle repair response following exercise.

Figure 1: Essential Amino Acid Profile

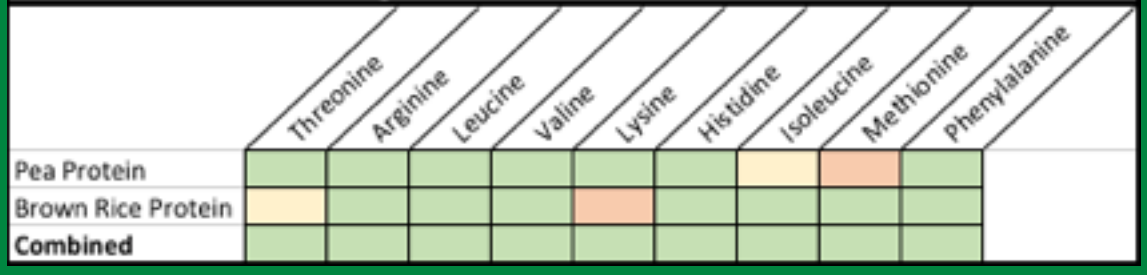

Figure 1 illustrates insufficient EAA levels highlighted in yellow and red with green indicating sufficient EAA levels to meet physiological needs of humans.

Aside from the protein quality associated with smart blending, there are numerous health promoting peptides and phytochemicals found in plant based proteins which support wellbeing and vitality. An example of this is the polyphenolics present in pea protein which may exert antioxidant and anti-carcinogenic effects, and act as a pre-biotic in the large intestine (5). Moreover, a protein source which contains higher levels of glutamine may further support immune function and recovery in those who undertake prolonged exercise and heavy load training programs (6).

COCONUT OIL MEDIUM-CHAIN TRIGLYCERIDES

Medium-chain triglycerides (MCTs such as capric and lauric acid) offer a unique biochemistry profile in the body compared to other dietary fats with a range of potential benefits arising from MCTs infancy in the literature to date. Specifically, the notable reported benefits to this highly ionised and unique triglyceride are;

Rapid absorption: Unlike other dietary fats, MCTs are like glucose in its rate of uptake where it can directly enter the blood upon ingestion instead of needing bile salts to aid absorption and gradual transportation through the lymphatic system in order to reach target cells and organs (7).

Reduced capacity to store as fat: MCTs exhibit an innate drive to be rapidly transported to the muscle and liver cells for preferential metabolism which reduces its capacity to store a fat (8). Within muscle cells, MCTs don't require the use of enzymes (a transporting shuttle) called carnitine transferase to enter the mitochondria (fat burning warehouse) to metabolise fat (9).

Thermogenic effect: MCTs are reported to boost thermogenesis, aiding in the fat loss process

Aids in fat loss: Clinical trials are evolving to reveal body composition improvements and appetite regulating effects by ingesting MCTs, especially in liquid form to substitute other dietary fats and possibly further accentuated by combing with Conjugated Linoleic Acid (CLA) (8-11).

SUPER GREENS BLEND

The addition of a greens mixture of wheat grass, barley grass and spirulina supports health by exerting detoxifying and cholesterol lowering properties, particularly the flavonoid apigenin in wheat grass and the Phycobiliprotein, Phycocyanin from microalgae's like spirulina. (12-14). Moreover, phycocyanin has proven anti-inflammatory properties which is likely achieved through immune modulation and is a powerful antioxidant leading (free radical scavenger) which aids in cellar protection and integrity (12).

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