

Low in fat + carbohydrate
No additives, sweeteners or flavours
Free from genetically modified materials

DIRECTIONS

To make a nutritious smoothie add 2 heaped scoops (40g) to fruit juice or water. For the best results use a blender, shaker or shake in a screw topped jar. May also be used in cooking.

NUTRITIONAL INFORMATION (dry basis*)

	Per 100g	Per 40g Serving
ENERGY Kilojoules	1604KJ	642KJ
ENERGY Kilocalories	357KCAL	150KCAL
PROTEIN	90.2g	36.1g
CARBOHYDRATES (of which sugars)	4.5g	1.8g
FAT (of which saturates)	2.8g	1.4g

* the above results are determined in the absence of water, which may comprise up to 6% as the powder absorbs moisture from the atmosphere.

INGREDIENTS

Pure Pea Protein Isolate.

YOUR GUARANTEE OF QUALITY

Nutrisport manufacture all their own supplements in an EEC registered milk processing factory, shown by the oval HEALTHMARK symbol. We process no hormones, steroid precursors, meat products or stimulants on our plant, nor any substance banned under IOC drugs testing rules. We are the only UK brand that can make all of these claims at time of writing. Free from genetically modified organisms and any material derived there from. Nutrisport products are independently analysed by the United Kingdom Analytical Service. To view most recent certificates of analysis visit www.nutrisport.co.uk.



ALLERGY INFORMATION

Contains protein isolated from peas.
 No flavours, sweeteners or additives of any kind.
 Gluten free, egg free, soya free, wheat free, dairy free.

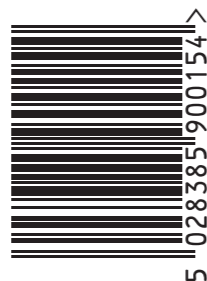
**CONTAINS NO NUTS, NO SOYA,
 NO WHEAT, NO MEAT PRODUCTS**

D. O. M: 04/08/06
 Batch No. F0406A

GRAMS OF AMINO ACIDS PER 100g OF PROTEIN

Glycine	4.4	Threonine 1	3.9	Methionine 1	1.0
Alanine	4.3	Tyrosine	3.5	Cysteine	1.5
Valine 1,2	5.0	Aspartic Acid	11.8	Lysine 1	7.5
Leucine 1,2	7.2	Phenylalanine 1	5.0	Histidine	2.4
Isoleucine 1,2	4.5	Tryptophan 1	0.8	Arginine 1	9.1
Serine	4.9	Proline	4.3	Glutamine/ Glutamate	16.7

1 - Essential amino acids:
 2 - Branched chain amino acids
 PLEASE NOTE:- Tryptophan from natural source



BEST BEFORE: End AUG 09

a MASSIVE 36grams of PROTEIN per 2 heaped scoops - measuring scoop enclosed
 BACKGROUND image: magnification x 17500 protein filaments in human muscle tissue x 17500 (©2006) courtesy Professor DH Dickerson)

NUTRISPORT®



VEGAN

UNFLAVOURED
908g e 2lb

GLUTEN FREE

pure protein powder isolated from peas

Low in fat + carbohydrate
Pure Pea Protein Isolate
Free from any animal products

A SOURCE OF HIGH QUALITY VEGETABLE PROTEIN

Some vegan and vegetarian diets can be low in protein, and the protein can be of a low biological value. 90+ Vegan allows you to get pure protein with a high biological value, without the need for animal products.

NUTRISPORT 90+ VEGAN is a low fat, low sugar powder isolated from peas. **CONTAINS NO ANIMAL PRODUCTS AND NO CHOLESTEROL.** Pea Protein contains all of the essential, non-essential and branched chain amino acids. Vegetables can be very high in protein but tend to be limited in certain essential amino acids. Pea protein is unusual in having a good balance of amino acids, similar to that of animal proteins.

The protein requirements of athletes is approximately 1.2-1.8g/kg body weight, compared with 0.8-0.9g /kg body weight for less active individuals. For heavy athletes this extra requirements is especially important. Muscle mass is increased by the rate of anabolism (growth), and decreased by the rate of catabolism (breakdown) during exercise. Pea protein is not associated with fat or cholesterol, as is the case with many animal based proteins. Pea protein has one of the highest Lysine contents of all vegetable protein - this amino acid is important in maintaining lean muscle mass. It also has the highest content of Arginine of all commercially available proteins.

1 JW Anderson, et al., Health Advantages and Disadvantages of Weight-Reducing Diets: A Computer Analysis and Critical Review, J Am Coll Nutr 19.5 (2000) : 578-590.

2 Lemon PW et al Protein requirements and muscle mass/strength changes during intensive training in novice bodybuilders. J Appl Physiol 1992;73(2): 767-775.

www.nutrisport.co.uk

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